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NOVEMBER 2020

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HERE ARE 3 WAYS TO ENSURE YOU'LL BE BOTH PHYSICALLY AND FINANCIALLY HEALTHY AS YOU ENTER—AND ENJOY—THE NEXT CHAPTER.

As just about everyone in their 50s and 60s can attest, those two decades are marked by changes that could dramatically impact the years that follow. Some of those changes may be physical in nature, while others are financial. The good news is that there are concrete steps you can take now to set yourself up for success later in life, no matter what your future plans.

1 **Eat and move with purpose.** Your body will undergo major changes throughout your 50s and 60s, including bone and muscle loss. Fortunately, you can help counteract this process with a good diet and regular exercise. Support bone health with calcium-rich foods like yogurt and kale, and weight-bearing exercises that require you to work against gravity—think hiking, jogging or tennis. To maintain muscle, eat lean proteins (halibut, beans and chicken breast are great sources) and focus on resistance exercises like swimming and biking.

2 **Get smart about Medicare.** Medicare provides health care coverage for Americans 65 and older, among others. If you are aging into Medicare, your Initial Enrollment Period is based on the month in which you turn 65. It begins three months before your birth month and extends until three months after your birth month. Explore the different types of Medicare plans offered by Blue Cross Blue Shield Companies and find coverage that fits your healthcare needs.

3 **Supercharge your savings.** For many people, earnings peak during their 50s. If you're among them, use the opportunity to fortify your future finances and max out retirement account contributions. Once you're 50, you can stash even more in those accounts thanks to catch-up contribution rules. Also, consider downsizing early—after all, do you really still need a house after the kids have left the nest?

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FEATURES

CUSTARD PECAN PIE, P.98

JOHNNY AUTRY

63
The United States of Thanksgiving
These stories—from people across the country—prove there are so many wonderful ways to celebrate this holiday. And for that, we are thankful.
As told to Betsy Andrews

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Choosing Sides
Forget the bird! The sides are where the magic happens. If you don't believe us, check out these recipes for squash, Brussels sprouts, stuffing and more.
By Danielle Centoni & Carolyn Malcoun

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The Bird Simplified
Here's our favorite method for roasting a turkey. It's dead simple, reliable and endlessly adaptable. Plus, foolproof tips on seasoning, making gravy and carving.
By Jessie Price

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Just as they do every other day, New Mexico's famed chile peppers play a central role in the holiday menu at Albuquerque's Los Poblanos Historic Inn.
By Jonathan Perno

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When Thanksgiving rolls around, Virginia Willis taps into her Southern roots for dessert. Think: sweet potato, chocolate chess and pecan pies, pumpkin roll cake and buttermilk poundcake.
By Virginia Willis

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Meet the Berkeley, California, nonprofit connecting residents with the Indigenous cuisine and culture of the Ohlone tribe.

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Plan Your Feast

A LITTLE BIT OF SPICE

Butternut Squash & Caramelized Onion Dip *(eatingwell.com)*
Red Chile-Citrus Glazed Roast Turkey & Pan Sauce *(p.91)*
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2018 Pascal Janvier Jasnieres, Loire, France ($23)
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FRIENDSGIVING

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NV Mumm Napa Brut Prestige, Napa Valley, California ($20)
2017 Ben Marco Malbec, Uco Valley, Mendoza, Argentina ($17)

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Scan this smart code to find these recipes on *eatingwell.com.*

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TRADITIONAL

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2018 Raptor Ridge Pinot Gris, Willamette Valley, Oregon ($20)
2017 Charles Smith Chateau Smith Cabernet Sauvignon ($18)

VEGETARIAN

Cauliflower & White Bean Soup with Herb Croutons *(p.45)*
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2019 De Wetshof Limestone Hill Chardonnay, Robertson, South Africa ($18)
2019 Domaine Dupeuble Beaujolais, Burgundy, France ($18)

JOHNNY AUTRY

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Thanksgiving 2020

Last year, we arranged for six photographers to visit people's homes during their Thanksgiving festivities. We hoped to capture a candid slice of how folks celebrate the holiday across the U.S. Sure, we asked the photographers to shoot the preparations and the big meal, but we knew that the other moments, whether taking a family walk, playing games or having a bonfire as we've often done in my family, might be even more memorable.

What we ended up with is a feature story *(page 63)* titled "The United States of Thanksgiving." As you'll see, it's about a feast, but more importantly it's about bringing people together. In that togetherness there are endless ways to "do Thanksgiving." These images not only speak to the diversity of traditions that make this the essential American holiday, they exemplify the diversity that makes this country amazing.

When we checked back in with each of the people in our photos to ask about how their 2020 plans were shaping up, we heard that they'll likely be a bit different this year. I'm sure that's true for many of us, whether because we're not traveling, or we're struggling financially or even that we've lost loved ones in the pandemic. Though I suspect many of our cherished traditions will endure in some form or another.

Take a look at this collection of photos and stories. I hope you'll feel inspired about the meaning of your Turkey Day this year. And when you're ready to get down to the business of planning your meal, look to the rest of our feature stories, which start on page 78 and include recipes for everything you need to make your feast outstanding.

Cheers,

Jessie

Jessie Price, editor@eatingwell.com

Follow me on Instagram @ jessieeatswell

CLOCKWISE FROM TOP LEFT: NICK BJRCHELL, ZACH DOBSON, MICHAEL BERMAN; LYNN JOHNSON JOHN STANMEYER, MARC OLIVER LE BLANC

Look for this logo on the pages of this issue. It calls out inspiring stories that focus on community and positive actions in the face of the COVID-19 pandemic and in support of much-needed societal changes.

REASONS FOR HOPE IN America

my life

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WE ASKED YOU:

What's your favorite part of Thanksgiving?

Every year my grandma makes **sugar cookies in the shape of turkeys** and writes our names on them. They are our place setting. It wouldn't be Thanksgiving without them! *—Stephanie Hine*

I get **all the dark meat** on the turkey. Everyone else likes the light meat. *—Daniel Pinkoski*

The cocktails. As a professor of history I have a special affinity for the past. I recreate vintage cocktails for my family to enjoy. *—Felisha Avery-Smith*

Mashed potatoes AND stuffing at the same time! *—Dawn Conwell*

Spending **quality time** with my family. *—Cindy Manfra*

The hustle and bustle in the kitchen and dining room. The preparation of the feast to come. The serving dishes, napkins, tablecloths and silver all chosen and waiting. Oh, what joy thinking of the memories. *—Marcella Shigley Campbell*

Wild rice soup or gumbo made from the turkey carcass. *—Karen Dylong*

WHAT'S TRENDING ON

EatingWell.com

T-Day Leftovers See our best ideas for repurposing (what's left of) your feast. Bake this Turkey Potpie, simmer some Leftover Turkey Stew or toss together a Leftover Turkey Salad. *EatingWell.com/TDayLeftovers*

Vegan Thanksgiving Our festive holiday menu features cauliflower steaks with mushroom gravy, slow-cooker butternut squash soup with apples and more. *EatingWell.com/VeganTDay*

New Thanksgiving Traditions Andrea Nguyen shares a story and the recipe that made her first-generation Vietnamese American family love Brussels sprouts. *EatingWell.com/VietnameseBrussels*

THE EATINGWELL GOOD-LIFE GURUS

We're looking to these Instagram accounts for holiday decorating inspo.

@clodagh_mckenna
Irish chef **Clodagh McKenna** is well known not only for her delicious, farm-to-table recipes but also for her magical table-setting tutorials. Think: candles held by vintage glass bottles and unexpected ways to use greenery (tucked into napnkins, dangling from your light fixtures) and more.

@casadeperrin
This L.A.-based **luxury tabletop and design company** rents out their wares for events (hello, celebrity weddings). But we follow along on Instagram for tablescape ideas and to ogle everything from amazing flatware to stunning floral arrangements. This year, go for gold or copper accessories!

@thejungalow
What started as **Justina Blakeney's** design blog in 2009, The Jungalow, is now a lifestyle brand you can look to for bohemian and bright home-decor ideas. (Plant lovers: count on Blakeney to incorporate lots of creative natural elements.) Even better, holiday hosts can shop many of the pieces Blakeney designs, from the candle holders and vases shown above to coasters, bowls and trays sourced globally.

What health goals do you have this year?
Tell us for a future issue and we may publish your answer.

JENNIFER CALSEY, INSETS COURTESY CLODAGH MCKENNA, CASA DE PERRIN, THE JUNGALOW

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The Big Pivot

Chef **Edward Lee** explains how he shifted his Louisville-based eatery to meet the needs of restaurant workers and farmers impacted by the pandemic—and mobilized chefs nationwide to do the same.

AS TOLD TO JANE BLACK

My staff at 610 Magnolia and I were in shock when we heard about the shutdown here in Kentucky. But we quickly realized that we were not the only ones without a job, without a paycheck and without a safety net. Within 24 hours, my nonprofit, the LEE Initiative, began offering laid-off restaurant workers and their families meals made with the food we had in our restaurant fridges, as well as supplies like toilet paper, milk and diapers that we got by scouring grocery and big-box stores in Louisville. We thought we would feed 250 people a night. But in those early weeks, we ended up feeding 400 people an hour or sometimes 600 to 800 each night.

The first two weeks were an emotional roller coaster. I saw single mothers with families who would not eat so the children could have more food. I saw people who would pick up a relief meal one week and then come back the next week to volunteer. I saw people who came every night, sometimes not even picking up a meal, because it was the only hopeful thing they had in their day; they just wanted to talk.

Feeding people wasn't the original focus of the LEE Initiative. We started out three years ago, inspired by the #MeToo movement, to offer programs for women

(continued on page 17)

JESSICA FEHLHAR

48%

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(continued from page 15)
chefs and to increase diversity in the restaurant industry. Bourbon company Maker's Mark, which is based here in Louisville, was one of our original partners. When COVID hit, they saw what we were doing and realized, as we did, that this wasn't only a Louisville problem. They offered us seed money to replicate our model for restaurant workers in other American cities.

Over the next two and a half weeks, Lindsey Ofcacek—who is my co-founder and, really, the driving force behind the LEE Initiative—and I opened 19 relief kitchens: with Nancy Silverton in Los Angeles, Edouardo Jordan in Seattle *(see page 56)*, Paul Kahan in Chicago, Greg Baxtrom in Brooklyn, Donald Link in New Orleans, and more. When Nancy got sick with COVID in early April, we panicked, and seriously questioned what we were doing. We thought of shutting down the whole operation but our partner chefs asked us to keep going, and fortunately we did.

To date, we've sent $2.2 million to our partner kitchens who have served more than 400,000 meals and counting, and provided so many supplies and shelf-stable foods that we've lost track. But the metric we are most proud of is that 90 cents of every dollar we raise goes into our relief efforts.

One thing I've learned is that disaster aid is all about responding to an evolving situation. By May, restaurants in some cities were reopening so we started to wind down those relief kitchens and turn our attention to another group who had suffered intensely during this time: small farmers. Their main customers were all the restaurants that had closed down, but they could not stop their farms from producing. They were losing money daily and making the hard choice between donating products or destroying them.

With money from corporate and individual donors, the LEE Initiative committed to spend $1 million to buy products from local farms and donate them to independent restaurants in their regions, in particular those run by women and people of color. We want to show that we can create a post-COVID hospitality industry that focuses as much on kindness and racial justice as it does on James Beard Award nominations.

The thing is, even if there's a vaccine tomorrow, hunger is going to be with us. The economic damage is so deep that there will be a need for more permanent relief kitchens—not just for restaurant workers, but for all kinds of people.

I know we will have help. I can't tell you how many $5 and $10 donations we received from people in the restaurant business—people I know didn't have a lot of money and had lost their livelihood. The darkest times really do bring out the best in people. Because what else can we do? We're Americans. We're not just going to lie down and die. This is our way of fighting. It's a big fight. And it's worth it.

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¾ lb. large shrimp, peeled and deveined

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1 tbsp. finely chopped fresh parsley

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4 Cancer-Fighting Strategies

Research-backed habits that have been shown to reduce your risk for many different types of the disease.

By Kristin Kirkpatrick, M.S., R.D.

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Approximately 1.8 million Americans will be diagnosed with cancer this year, and more than 600,000 will die from it. But there are ways to protect yourself. American Cancer Society researchers estimate that at least 42% of new cancer cases may be avoidable, with 18% being related to lifestyle factors like diet and physical activity. Here's a handful of ways to help lower your risk.

1 Say Yes to Soy. Studies have shown that the flavonoids in plants like soy can alter certain aspects of cells related to tumor growth. In particular, experimental studies suggest isoflavones—the predominant flavonoid in soy foods—may protect against hormone-related cancers like breast cancer. One recent analysis in the *International Journal of Cancer* looked at data from Chinese women enrolled in the Shanghai Women's Health Study and found that those who reported eating high amounts of soy in adulthood had a lower chance of both pre- and postmenopausal breast cancer than those who rarely ate this nutrient-packed legume. Researchers think that isoflavones could help regulate estrogen, too, lowering hormone levels in the body when they're high and vice versa.

2 Eat Red—and Purple. The antioxidant that gives many jewel-toned fruits and vegetables their bright reds, blues and purples may also have anti-cancer properties. Called anthocyanins, these compounds are most abundant in produce like berries, red and purple grapes, red cabbage and eggplant. A large body of experimental studies suggest that anthocyanins may help protect against cancers including lung, liver, esophageal, skin, breast and colon cancer, and could even help shrink existing tumors. One trial in *Cancer Prevention Research* had 25 colorectal cancer patients ingest varying levels of anthocyanins before their surgery dates. The scientists found high levels of anthocyanins in the cancerous tissue, as well as a 7% drop in tumor proliferation compared to the start of the study. Anthocyanins appear to act as powerful antioxidants, keeping normal cells healthy and disrupting the cancer cell pathway when it starts.

3 Muscle Up. Though cardiovascular exercise has been shown to reduce the risk of many chronic conditions, including cancer, a 2017 systematic review and meta-analysis found that individuals who consistently engaged in two strength-training sessions per week had a 31% lower risk of cancer-related death. The study authors believe this has something to do with strength training reducing circulating sex hormones—noting that lower levels have been shown to reduce the odds of breast and endometrial cancer in women and prostate cancer in men. Additionally, they say there's evidence that strength training can be "a powerful adjunct therapy in the treatment of cancer," aiding recovery and combating side effects.

4 Ramp Up the Roughage. A systematic review and meta-analysis published earlier this year in the journal *Cancer* found that participants in the U.S. who ate the most fiber had an 8% lower risk of breast cancer than those who consumed the least. The researchers note that fiber-rich foods like whole grains, fruits, veggies, legumes, nuts and seeds—as part of an overall healthy diet—may protect against the disease by leveling post-meal blood glucose spikes and improving insulin sensitivity. Fiber also increases the activity of compounds that lower circulating estrogen levels in the body. One more reason to fiber up: the nutrient has been linked with a reduced risk of colon cancer.

Let's Talk Turkey

Namely, how to make sure your bird (and all the other Thanksgiving dishes) is as safe as it is delicious.
By Kristin Kirkpatrick, M.S., R.D.

You've spent hours preparing the meal. Your Thanksgiving table is set. Your home smells amazing and your guests are impressed. Even the family dog is drooling. You've thought of everything. Or have you? Follow these food-safety tips to keep in mind to avoid serving up a side of salmonella or some other unwanted dinner guest.

1 **Prep Your Kitchen.** Start by disinfecting any surfaces you'll be using (kitchen counters, cutting boards, sink) with an antibacterial cleaner, and make space in your refrigerator to thaw the turkey or store pre-prepped dishes, says Robert C. Williams, Ph.D., a professor of food microbiology at Virginia Tech. And check your fridge temp: it should be set at 40°F or lower. He says it's not uncommon to find them running at higher (unsafe) temperatures.

2 **Thaw the Right Way.** Williams recommends slow-thawing frozen turkeys in the fridge. Be sure to give yourself at least 24 hours for every 4 to 5 pounds of meat. Slow-thawed turkeys can stay in the fridge for up to 2 days before cooking. In a pinch, you can use the cold water method: Fill your sink with cold water and submerge the packaged turkey, changing the water every 30 minutes. This method takes about 30 minutes for each pound of turkey to get a complete thaw.

3 **Don't Rinse Your Bird.** "It results in splatters that may spread harmful bacteria throughout your kitchen," says Williams. In fact, a 2019 experiment by the USDA's Food Safety and Inspection Service found that 60% of the 300 participants who washed their poultry had bacteria in their sink, and 26% transferred that bacteria to ready-to-eat-foods, like lettuce. What's more, 14% of sinks were still contaminated after cleaning.

4 **Dress, Don't Stuff.** Stuffing the bird means that the turkey will be done before the stuffing—deep in the center—reaches a safe temperature. Cook the dressing in a separate dish.

5 **Temp That Turkey.** The biggest threat of foodborne illness at Thanksgiving, says Williams, is an improperly cooked turkey. Set the oven to no lower than 325°F, and use a meat thermometer to ensure it's cooked to 165°F in the thickest part of the thigh and breast. Don't just go by the pop-up timer many turkeys come with, since it's located in only one area of the bird and may not give you the most accurate reading.

6 **Avoid the All-Day Buffet.** Good food and wine can make the time fly. But while you're chatting, the clock is ticking for getting your leftovers out of the "danger zone" where bacteria grow most rapidly—between 40°F and 140°F—and into the fridge. Williams suggests all leftovers, including the turkey, be refrigerated within 2 hours of leaving the oven, even if the food is still warm. (A 2018 study found that 90% of people wait until food is room temp, which could make it unsafe.)

7 **Have a Plan for Leftovers.** They should be eaten within 4 days of going into the fridge, says Williams. Or hey, why not send guests home with some of that tasty bounty?

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Shopping in the Cloud

The pandemic pushed me—and many others—to rethink the ways I get my food, shifting from supermarkets to super-local farms and delivery services. Will it stick? **By Jessica Migala**

The grocery store was my happy place. I'd head there daily after dropping my kids off at daycare, picking up salmon for dinner, some fruit, a pint of ice cream. Then COVID-19 happened.

Weeks of panic buying, followed by months of empty shelves and long lines, made getting food an experience riddled with fear, anxiety and sadness. (We all avoid eye contact now!) As a result, many shoppers massively altered their buying habits—and that's exactly what I did.

Today, my produce comes from a local farm CSA, ButcherBox sends a monthly box of meat, Sitka Salmon Shares (a community supported fishery) delivers fish, and the Perfect Bars and Once Upon a Farm smoothies my kids love so much automatically arrive at my door every four weeks. For pantry staples, I order from Thrive Market. When I need other items, they're delivered from the local grocery store.

It's all an effort to make shopping a contactless experience, but it also gave me the push to step back and reexamine my choices: to purchase from companies and farmers that are doing good in their communities, stay mindful of the environment, and buy local, in-season food when possible. This high-tech, slow-food hybrid means that I get ingredients that are fresh and delicious, responsibly produced, but also—and this is tough to explain—*joyful*.

The Virtual Market

It wasn't just me who wanted to avoid the crowds. Between March and June, online grocery sales in the U.S. jumped 80%—from $4 billion to $7.2 billion—according to grocery analyst firm Brick Meets Click. By June, 22% of U.S. adults were ordering online for delivery or pickup. Subscription services saw the boom too. ButcherBox had a 75% increase in demand for new memberships beginning in mid-March, and organic produce delivery service Farm Fresh to You tripled deliveries, going from 30,000 boxes in February to 100,000 boxes of fruits and veggies in April and holding steady through August (press time). More producers, like small-scale farms and local growers, began connecting with consumers through e-commerce—functioning as virtual farmers' markets and, in some cases, selling food once destined for restaurants.

Of course, there are pros and cons of shopping this way. "The positive is that it forces you to plan out meals and purchase the things you need in a more thoughtful way," says Lisa Young, R.D.N., Ph.D., an adjunct professor of nutrition at New York University. (*See ya*, impulse buys.) I learned to embrace CSA produce that I normally don't cook with (garlic scapes!) and use whatever I have on hand.

The downside: Cost. It's not lost on me that it's an extremely privileged position to have grass-fed beef shipped to my doorstep. Or to be able to afford the extra delivery fees for grocery orders. For many, this luxury is not an option. Before the pandemic began, an estimated 1 in 9 Americans didn't have access to enough food on a regular basis. And that number has skyrocketed during the crisis. The nonprofit Feeding America has seen an unwavering 60% increase in demand at its food banks compared to last year, and 4 in 10 people served between March and June were new to food assistance.

Some subscription services do have charitable arms, like Thrive Market's Thrive Gives, which uses member donations to subsidize purchases for families in need. Federal nutrition programs—the first line of defense against food insecurity—such as SNAP, historically placed restrictions on online grocery shopping. But a SNAP online purchasing pilot program, launched in April 2019, is now offered in nearly all states. Retailers are limited, but it's a step toward making hands-off shopping more accessible to all.

Shopping in a Post-COVID-19 World

It's inevitable that there will be some return to normal when the pandemic is finally over. Demand for online and Slow-Food-style shopping will wane as some folks make frequent supermarket runs part of their routine again. And some farmers and purveyors will go back to supplying restaurants only and shutter their direct-to-consumer options. But many shoppers, like me, discovered that there's value in supporting smaller, often local businesses—for the food, sure, but also for the community.

Good Food, Delivered When deciding where to spend your grocery dollar, consider rewarding companies with a Slow Food mission and an eco-friendly mindset. Meaning: sustainably sourced fish and seafood, local produce or artisanal products. Five companies that are doing things right:

Wulf's Fish	Imperfect Foods	Purple Carrot	The Foodocracy	Crowd Cow
(Select states)	(Select states)	(Nationwide)	(Nationwide)	(Contiguous U.S.)
wulfsfish.com	*imperfectfoods.com*	*purplecarrot.com*	*shopfoodocracy.com*	*crowdcow.com*

ILLUSTRATION BY JAMES YANG

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Pretty Please?

If you've got a four-legged beggar on your hands, here's how to break the habit before the turkey hits the table. **By Rachel Stearns**

Your dog is manipulating you. Don't feel bad, though: *Canis familiaris* has been working on this for 33,000 years. According to a 2019 study on the evolution of dogs, domestication bestowed man's best friend with a specialized facial muscle (which wolves lack) that allows them to raise their inner eyebrow—mimicking the expression humans make when they're sad. It's thought to have evolved because people instinctively nurture and care for vulnerable creatures. When those puppy-dog eyes are trained on us, we can't help but give in.

Evolutionary trickery aside, begging is a hard behavior to fix, even if you only offer the occasional treat from the table, says veterinary behaviorist Stephanie Borns-Weil, D.V.M., DACVB, from Tufts University's Cummings School of Veterinary Medicine: "It's a double reward. They get attention *and* food." In general, distraction may be your best defense. If you can get your dog to do something else, you'll bypass the bad behavior and reinforce the good (far better than giving even negative attention). Borns-Weil suggests feeding some or all of your pet's meal in a puzzle toy *(see box)* while you're having your dinner.

The longer a dog has been getting table scraps, Borns-Weil says, the longer it's going to take to end the begging. And a sudden stop may lead to prolonged whining or barking before he realizes nothing is coming from his efforts. But be strong—because any wavering could draw the process out further. She likens it to a slot machine: "When they beg, it's like pulling the handle. Sometimes they get three cherries and sometimes they don't. That maintains the behavior more effectively than if you did it every time, then stopped altogether."

Even if feeding your furry friend from the table is against your dinner dogma, the holidays may be a different story. Remind guests that what seems like a gesture of goodwill can form bad habits.

That said, you don't have to give up treating your pet altogether. "Some lean turkey is fine for most dogs, as well as vegetables or a bit of cooked potato," Borns-Weil says, noting that table scraps (and treats) should only be 5 to 10% of a dog's diet. She suggests keeping some in the fridge and using them like training treats to enforce commands. Putting table scraps in your dog's bowl *after* a meal is fine, as well. Borns-Weil has been doing it for her own pets for decades. "They don't interrupt the meal because it's become a routine. They know they're not going to get the food while we're seated at the table but they know as soon as we get up, it's their turn." And for best results, maybe avoid eye contact until after dinner.

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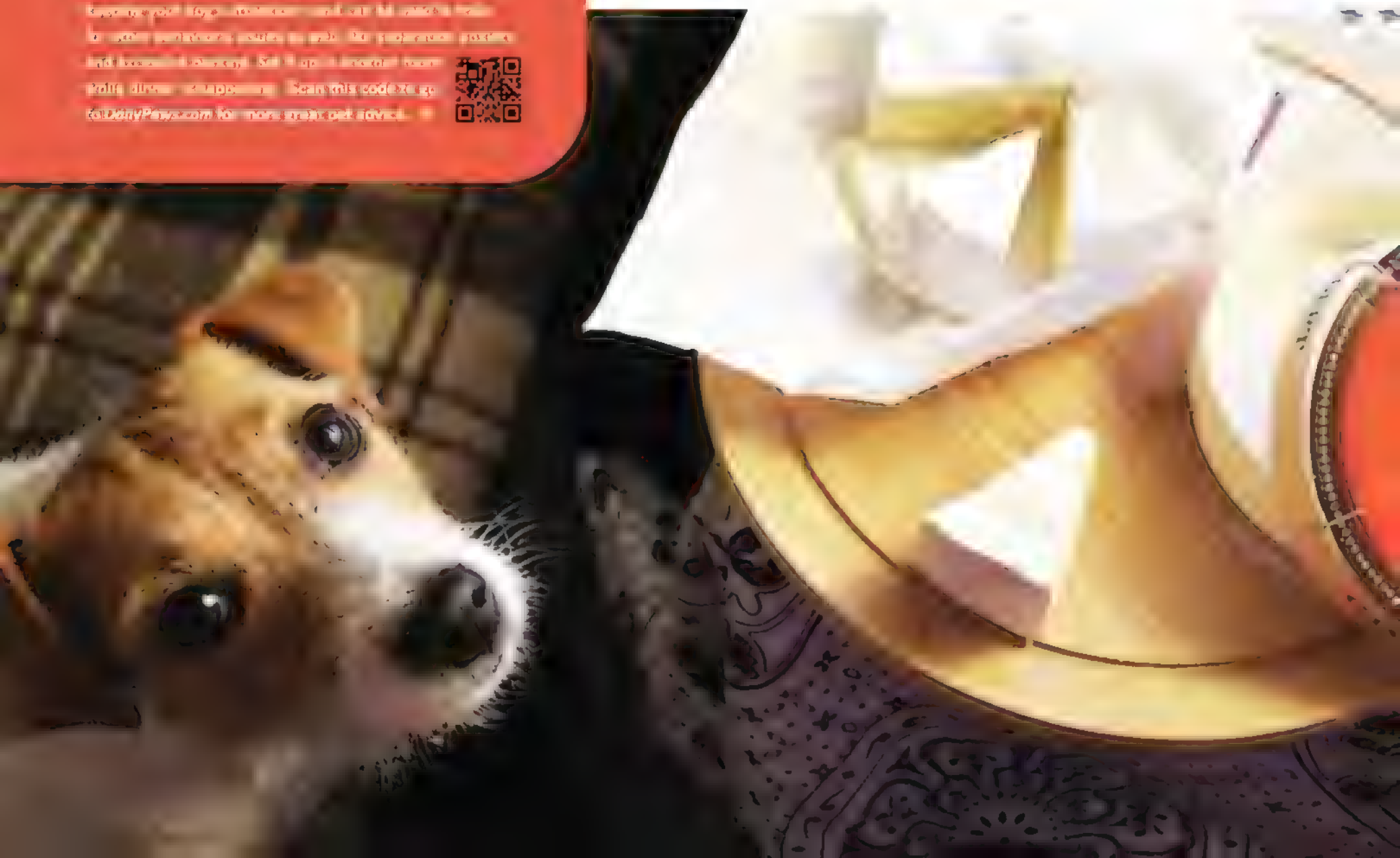

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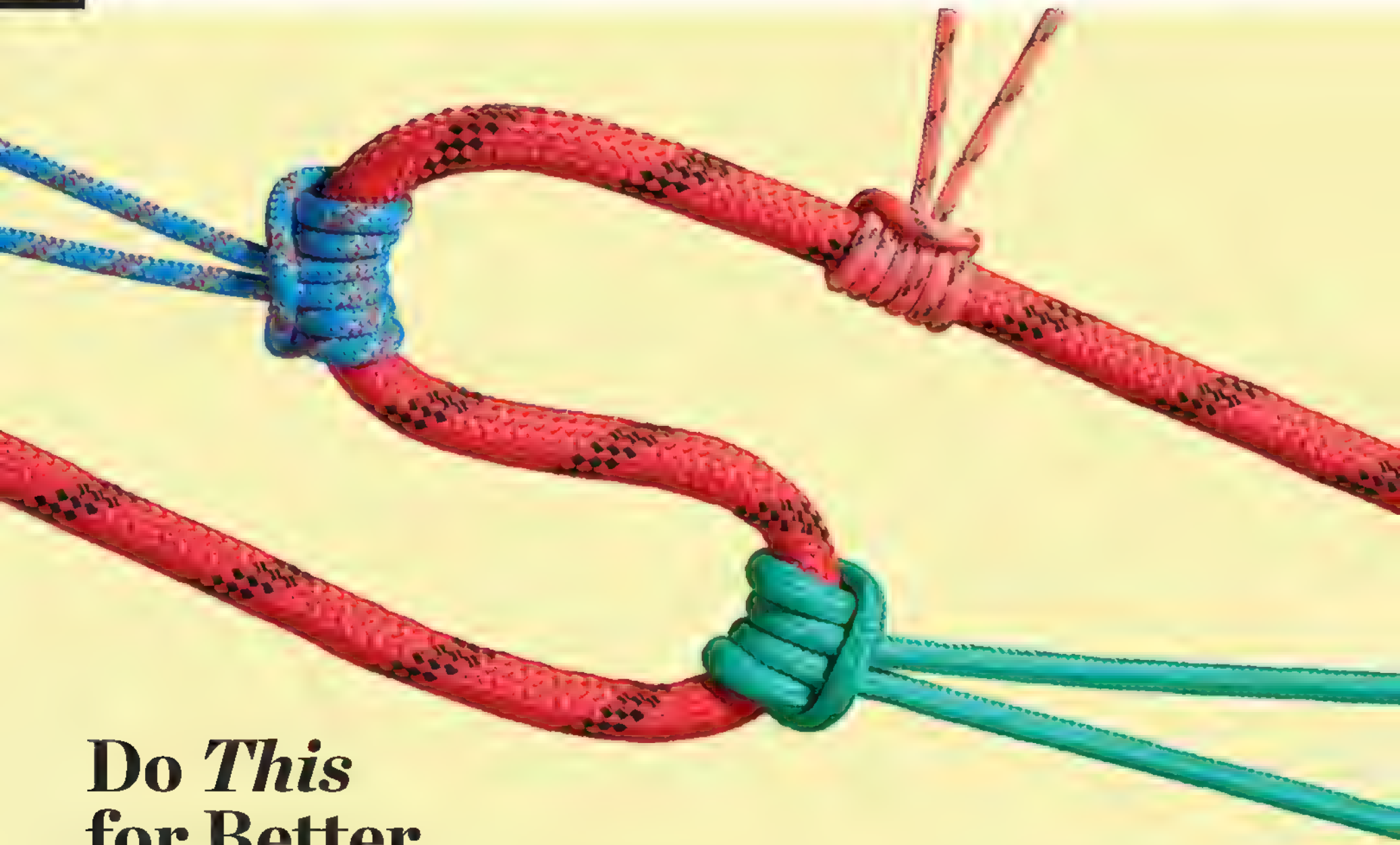


Do *This* for Better Digestion

Indigestion, bloating, constipation and other belly woes are incredibly common—but that doesn't mean you have to live with them. These proven lifestyle tweaks can help you feel better now. **By Holly Pevzner**

Remember the classic children's book *Everyone Poops*? It could have just as easily been *Everyone Cuts the Cheese*, *Everyone Burps* or *Everyone Has Occasional Bouts of Constipation*—because about 61% of all Americans report experiencing at least one gastrointestinal problem in the past week, according to a recent study of more than 71,000 people published in the *American Journal of Gastroenterology*. The most common digestive issues include heartburn, abdominal pain, bloating, diarrhea and constipation. And almost 60% of those folks have had two or more symptoms in the same time frame. But there's good news: "Digestion is very responsive to what you eat and drink, your physical activity and your mood," says gastroenterologist Folasade P. May, M.D., Ph.D., researcher and director of the Melvin and Bren Simon Gastroenterology Quality Improvement Program at UCLA. "And making changes to address those things can have a big impact." Here's where to start.

Nosh more fiber

"If you've been suffering with digestive issues, upping your fiber intake is the closest thing that I have to a silver bullet in my practice," says gastroenterologist Will Bulsiewicz, M.D., author of *Fiber Fueled*. Most people fall short—averaging only 16 grams of the recommended 25 to 38 grams of fiber most women and men, respectively, need. According to a meta-analysis in the *World Journal of Gastroenterology*, consuming a fiber-rich diet significantly improved stool frequency (what constipation?).

To gradually increase your intake—which will help you sidestep gas and bloating from getting too much fiber all at once—start by simply eating the recommended daily intake of fruits and vegetables every single day, which is 2 cups of fruit and 2½ cups of veggies, says Tamara Duker Freuman, R.D., author of *The Bloated Belly Whisperer*. From there, try adding 5 grams of fiber to your daily diet one week at a time. (That's about half an avocado, one apple or ½ cup raspberries.) Some fiber-filled options to add to the menu include lentils, black beans, pears, broccoli, green peas and quinoa.

And don't forget *this* fiber

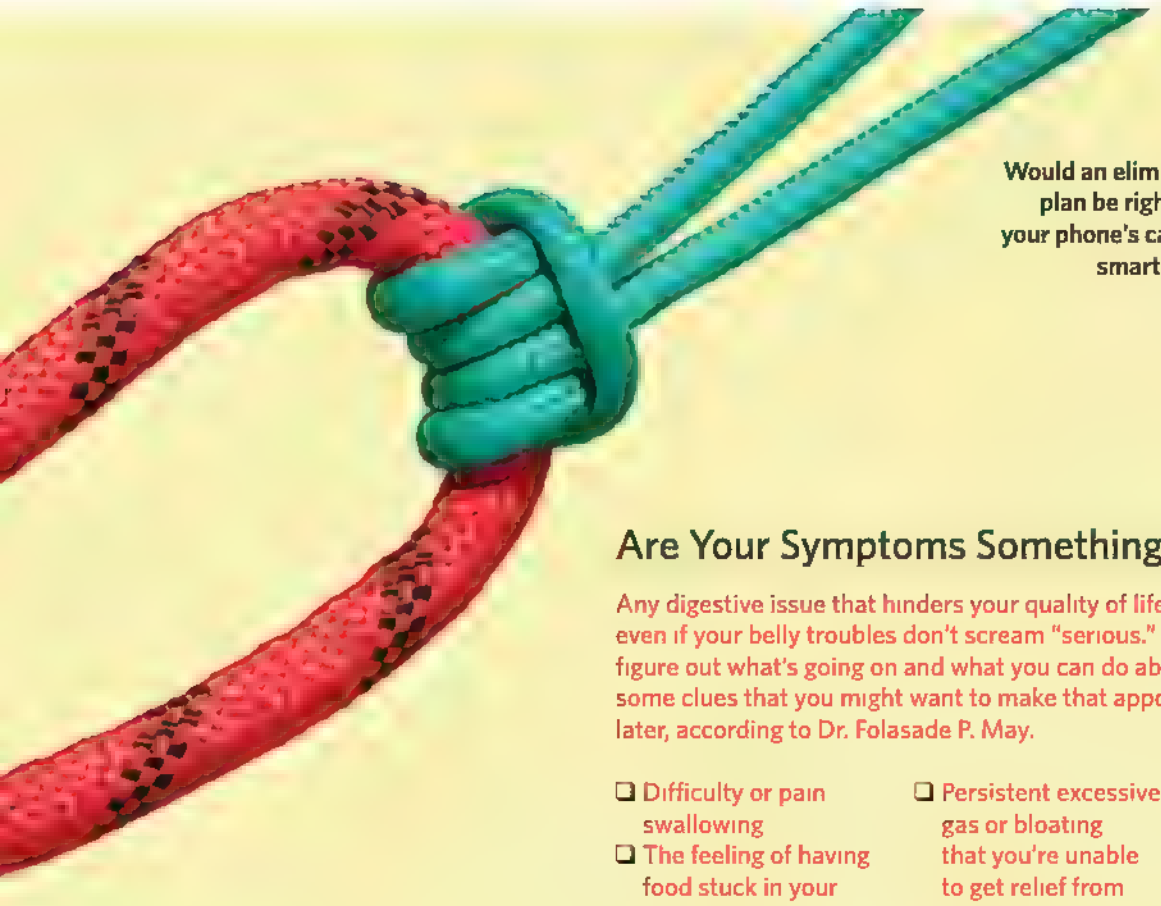
While all fiber (soluble and insoluble) is great for gut health, be sure to get plenty of the prebiotic variety found in foods like beans, onions, apples, leeks and asparagus. It feeds your "good" gut bacteria—including several species that produce short-chain fatty acids. "These compounds are associated with reducing inflammation in the GI tract," says Duker Freuman. A 2018 report in *Current Developments in Nutrition* backs this up and found that consuming prebiotics can also reduce the severity of inflammatory bowel disease and alleviate constipation. "I'd shoot for a couple of sources of prebiotic fiber a day," says Duker Freuman.

Up your H_2O intake

"Water is essential to digestive function, helping to break up food and acting as a lubricant, keeping intestinal surfaces moist and moving waste smoothly," says Bulsiewicz. Plus, fiber needs water to make stool soft and bulky. "And if you don't get enough, you may wind up with gas, bloating, discomfort and even constipation," says Bulsiewicz, who

(continued on page 31)

R. CHARD DRURY/GETTY IMAGES



Would an elimination diet meal plan be right for you? Hover your phone's camera's over this smart code to find out.

Are Your Symptoms Something Bigger?

Any digestive issue that hinders your quality of life should be taken seriously—even if your belly troubles don't scream "serious." See a gastroenterologist to figure out what's going on and what you can do about it. That said, there are some clues that you might want to make that appointment sooner rather than later, according to Dr. Folasade P. May.

- ❑ Difficulty or pain swallowing
- ❑ The feeling of having food stuck in your throat or chest
- ❑ New, severe abdominal pain, nausea, vomiting
- ❑ Unintentional weight loss
- ❑ Persistent excessive gas or bloating that you're unable to get relief from
- ❑ Bloody or black vomit or stool
- ❑ Persistent or severe heartburn, especially if coupled with nausea or vomiting
- ❑ Sudden and prolonged change in bowel movements, including diarrhea for more than 3 days
- ❑ Feeling full after a few bites of food, lasting 2 to 3 weeks
- ❑ Loss of appetite for more than 2 to 3 weeks

(continued from page 28)
suggests hydrating with two glasses of water first thing in the a.m. "You're at your most dehydrated in the morning, since you likely haven't had anything to drink for eight or more hours—and have potentially been to the bathroom overnight," he explains. Then sip water throughout the day—especially with meals.

Check your meds

There are quite a few prescription and OTC drugs that can not only lead to GI distress, but also may cause side effects that mimic conditions like inflammatory bowel disease and irritable bowel syndrome (IBS), a report in the journal *Frontline Gastroenterology* found. Some common culprits include antihistamines, antidepressants, progesterone-only birth control, nitrate-containing heart meds, iron supplements, certain blood pressure drugs and NSAIDs, like ibuprofen. "While we often use some of these medications to treat GI conditions, we also recognize that starting, stopping or changing the dose of many medications may cause nausea, vomiting, cramps or changes in bowel movements," explains May. "If you're concerned that any of your medications are causing GI issues, talk to your doctor about changing the dose or finding a substitute."

Get physical

"Body movement translates into bowel movements," says Bulsiewicz. "Even taking a short 15- to 30-minute walk after a meal helps to mobilize and empty your stomach, which improves digestion and reduces the likelihood of acid reflux."

Eat dinner earlier

"Not every bodily function operates at full strength 24/7, digestion included," says Duker Freuman. "Because our stomachs naturally empty more slowly at night, meals eaten close to bedtime sit in our bellies longer, potentially causing reflux and discomfort." For that reason, she says, it's best to have your last bite of food three to four hours before turning in.

Cut back on sat fat

"While all fats take a long time for the body to digest and process, having a lot of saturated animal fat in your diet can make digestion more difficult, which may result in abdominal discomfort, bloating, gas and abnormal stools," says May. Adding to the issue: Regularly consuming saturated fat may reduce the total number and diversity of bacteria in the gut, according to a 2019 systematic review in the journal *Clinical Nutrition*. This type of imbalance may trigger conditions like IBS. On the flip side, researchers found that a diet rich in polyunsaturated fats (in foods like salmon, walnuts and flaxseed) is linked to favorable changes in gut microbiota. May's advice: Increase your omega-3-rich polyunsaturated fat intake, stick to mostly lean cuts of meat and "start to scale back on your consumption of red and processed meats, little by little."

Chew, chew, chew

"Taking time to chew food thoroughly helps reduce the likelihood of indigestion," says Duker Freuman, who notes that when you chomp quickly and inefficiently, it takes longer for your stomach to liquefy your meal *and* it requires more acid to do the job. A couple of clues that you may be a fast chewer include burping during meals (due to swallowed air) and spying pieces of recognizable food in your stool. She advises putting your fork down after every bite and not picking it up again until you've thoroughly chewed and swallowed what's in your mouth.

Curb overeating

Large meals in general aren't good, but skimping on breakfast and lunch and then having a big dinner is particularly problematic. "I see this a lot," says Duker Freuman. "And when people do this, it almost guarantees they'll arrive at dinner famished and primed to eat too much, which can overstimulate the nerve reflex between your stomach and colon, leading to urgent bowel movements, often loose and crampy." Plus, a very full stomach takes longer to empty, increasing the chance that its contents will back up into the esophagus causing heartburn, chest pain, nausea, belching or bloating.

Chill out

Stress can cause belly butterflies, but it impacts your gut in other ways too. Namely, it messes with how quickly food moves through the body, which can vary from person to person—speeding it up or slowing it down, and leading to diarrhea or constipation. It may also exacerbate abdominal pain, bloating and nausea and heartburn severity, according to the American Psychological Association. (We can thank the gut-brain axis—the pathway that connects the emotional centers in the brain with neurons in the GI tract—for that.) The upshot? Quelling stress helps. After just eight weeks of daily 30-minute mindful meditation sessions, 70% of folks with IBS said they experienced significantly fewer GI symptoms, according to a 2020 study in the journal *Neurogastroenterology & Motility*. If meditation isn't your bag, try yoga or another type of exercise, cognitive behavior therapy, deep breathing exercises or acupuncture, says May: "All of these have improved symptoms in my patients."

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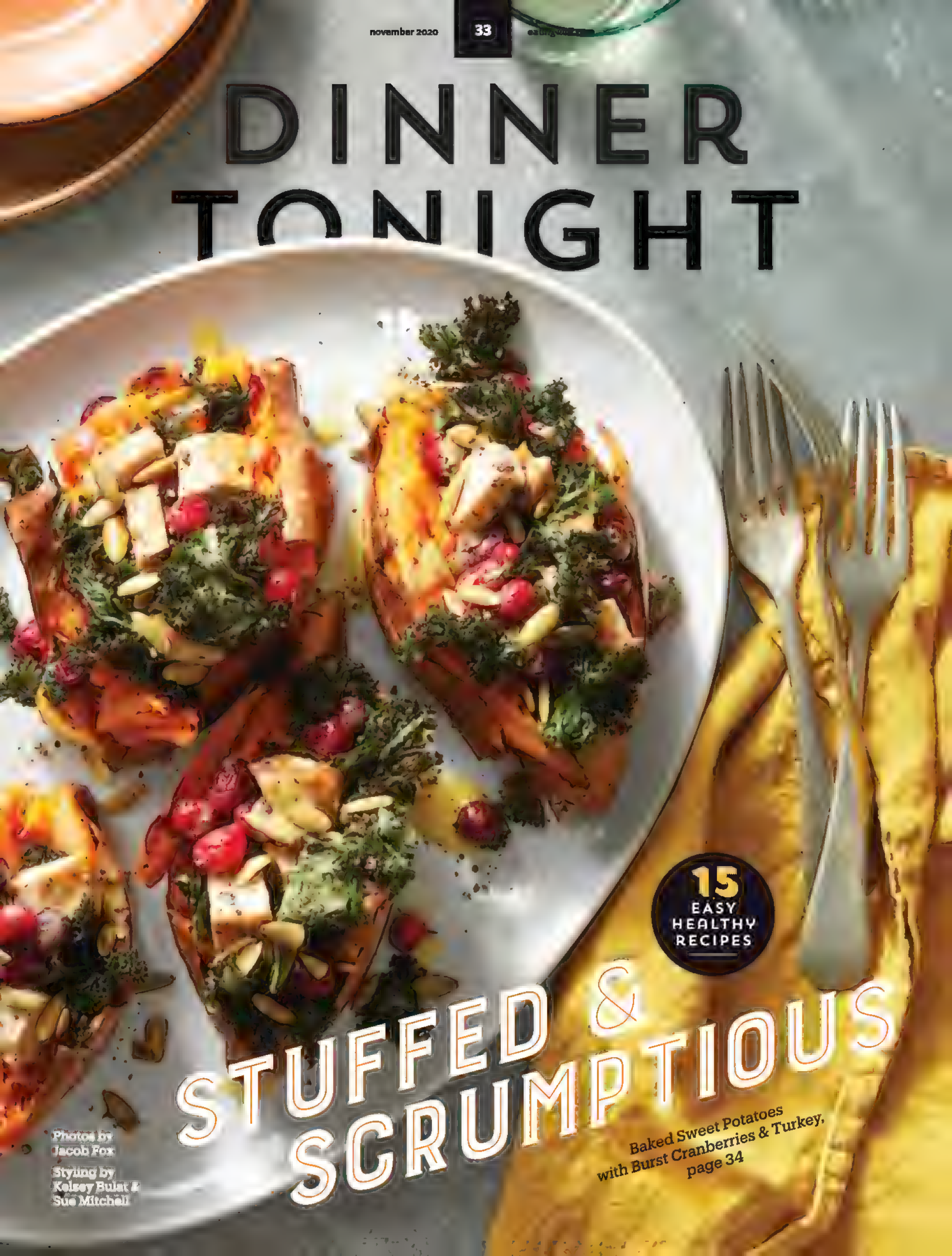

15 EASY HEALTHY RECIPES

STUFFED & SCRUMPTIOUS

Baked Sweet Potatoes with Burst Cranberries & Turkey, page 34

Photos by Jacob Fox

Styling by Kelsey Bulat & Sue Mitchell

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Only real Wisconsin hardwood.
Oscar Mayer
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Baked Sweet Potatoes with Burst Cranberries & Turkey

ACTIVE: 30 min **TOTAL:** 1 hr

Give leftover turkey new life with these delicious stuffed potatoes. A drizzle of homemade honey-mustard dressing soaks into the hot potatoes, adding tons of flavor. (Photo: page 33.)

- 4 medium sweet potatoes (about 10 ounces each)
- 4 tablespoons extra-virgin olive oil, divided
- 8 cups packed chopped stemmed kale
- 1 cup cranberries, thawed if frozen
- 2 cups shredded *or* diced cooked turkey
- 1 tablespoon honey mustard
- 2 teaspoons minced shallot
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- 1 tablespoon pepitas, toasted

1. Position racks in upper and lower thirds of oven; preheat to 425°F. Line a large rimmed baking sheet with foil.
2. Prick sweet potatoes in 3 to 4 spots with a fork. Rub with 1 tablespoon oil and place on the prepared baking sheet. Roast on the lower rack until tender, 35 to 45 minutes.
3. After the first 20 minutes, toss kale with 1 tablespoon oil in a large bowl. Spread in an even layer on another large rimmed baking sheet. Roast the kale on the upper rack, stirring once, for 10 minutes. Push the kale to one side and add cranberries and turkey to the other side of the pan. Continue roasting until the kale is crisp, the cranberries have burst and the turkey is hot, 5 to 8 minutes more.
4. Whisk the remaining 2 tablespoons oil, honey mustard, shallot, salt and pepper in the bowl. Add the kale, cranberries and turkey and toss to combine.
5. Holding each sweet potato with a kitchen towel to protect your hands, make a length-wise cut without cutting all the way through. Pinch the ends to expose the flesh. Serve topped with the turkey mixture and pepitas.
SERVES 4: 1 sweet potato & 1 cup filling each
Cal 380 **Fat** 17g (sat 3g) **Chol** 56mg **Carbs** 32g **Total sugars** 11g (added 1g) **Protein** 26g **Fiber** 6g **Sodium** 446mg **Potassium** 923mg.

ILLUSTRATIONS BY JOEL K. MMEL. RECIPES BY BREANA KILLEEN

MORE WAYS TO USE LEFTOVER TURKEY

TURKEY, CRANBERRY & BRUSSELS SPROUT PIZZA:
Roll out 1 lb. whole-wheat pizza dough and top with ⅓ cup cranberry sauce, 2 cups thinly sliced Brussels sprouts, 1 cup shredded cooked turkey, 1 Tbsp. minced garlic and 1½ cups shredded fontina cheese. Bake at 450°F on a pizza stone or preheated baking sheet until the crust is browned and the cheese is melted, 18 to 20 minutes.

TURKEY EGG ROLLS:
Wrap 2 Tbsp. each shredded cooked turkey, leftover stuffing and shredded cabbage in egg roll wrappers. Coat the rolls with cooking spray. Bake at 450°F until crispy, 15 to 18 minutes. Serve with cranberry sauce for dipping.

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Denise, adopted 17-year-old Amina

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Pad Kee Mao (Drunken Noodles) with Beef

ACTIVE: 35 min **TOTAL:** 35 min

Dark soy sauce is thicker and sweeter than regular light soy sauce. Look for it at Asian markets or online. If you can't find it, substitute 1 teaspoon light soy sauce mixed with 1 teaspoon molasses.

- 8 ounces wide rice noodles
- 1 pound flank steak, trimmed and cut into ¼-inch-thick strips
- 1 tablespoon cornstarch
- 4 teaspoons reduced-sodium soy sauce, divided
- 1 tablespoon fish sauce
- 1 tablespoon oyster sauce
- 2 teaspoons dark soy sauce
- 1 teaspoon brown sugar
- 3 tablespoons canola oil, divided
- 1 medium yellow onion, sliced
- 1 large red bell pepper, sliced
- 5-8 fresh Thai bird's-eye chiles
- 3 cloves garlic, minced
- 1½ cups fresh basil leaves, preferably Thai or holy
- Lime wedges & bean sprouts for garnish

1. Bring a large saucepan of water to a boil over high heat. Add noodles and remove from heat. Let soak, stirring occasionally, for 10 minutes. Drain and rinse with cold water.

2. Meanwhile, toss steak with cornstarch and 2 teaspoons reduced-sodium soy sauce in a medium bowl. Combine the remaining 2 teaspoons reduced-sodium soy sauce, fish sauce, oyster sauce, dark soy sauce and brown sugar in a small bowl.

3. Heat 1 tablespoon oil in a flat-bottom wok or large cast-iron skillet over high heat. Add the steak and cook, stirring occasionally, until just cooked through, 2 to 3 minutes. Transfer to a clean plate.

4. Add the remaining 2 tablespoons oil, onion, bell pepper and chiles to taste to the pan. Cook, stirring occasionally, until lightly browned and softened, about 3 minutes. Add garlic and cook, stirring, for 30 seconds. Add the drained noodles, the steak and the sauce. Cook, tossing, until the noodles are coated and hot, about 1 minute. Remove from heat and stir in basil. Serve with lime wedges and bean sprouts, if desired.

SERVES 4: 1¾ cups each

Cal 529 **Fat** 20g (sat 4g) **Chol** 68mg **Carbs** 57g **Total sugars** 5g (added 1g) **Protein** 29g **Fiber** 3g **Sodium** 920mg **Potassium** 501mg.

RECIPE BY BREANA KILLEEN

Chicken & Brussels Sprout Tacos

ACTIVE: 30 min **TOTAL:** 30 min

To add a variety of textures to these tacos, we poach the chicken to keep it super-tender and moist while broiling the Brussels for a crisp mix-in. The creamy sauce rounds out the combo.

- **1 pound boneless, skinless chicken breasts, trimmed**
- **½ cup mayonnaise**
- **1 tablespoon lime juice, plus lime wedges for serving**
- **2 teaspoons chile-lime seasoning, such as Tajin, divided**
- **1 pound Brussels sprouts, trimmed and quartered**
- **1 tablespoon canola oil**
- **8 corn tortillas, warmed**
- **½ cup crumbled queso fresco cheese**
- **Fresh cilantro, slivered white onion & sliced avocado for garnish**

1. Place chicken in a large saucepan and cover with water by 1 inch. Bring to a simmer over high heat. Reduce heat to maintain a simmer and cook until an instant-read thermometer inserted in the thickest part registers 165°F, 12 to 15 minutes. Transfer to a clean cutting board to rest for 5 minutes.

2. Meanwhile, mix mayonnaise, lime juice and 1 teaspoon chile-lime seasoning in a small bowl. Toss Brussels sprouts with oil in a medium bowl. Spread on a rimmed baking sheet.

3. Position rack in upper third of oven; preheat broiler to high.

4. While the chicken rests, broil the Brussels sprouts until browned and tender, shaking the pan once halfway, 3 to 4 minutes.

5. Shred the chicken and toss with the remaining 1 teaspoon chile-lime seasoning. Serve in tortillas with the Brussels sprouts, sauce and cheese. Top with cilantro, onion and avocado and serve with lime wedges, if desired.

SERVES 4: 2 tacos each

Cal 535 **Fat** 32g (sat 6g) **Chol** 85mg **Carbs** 31g **Total sugars** 3g (added 0g) **Protein** 32g **Fiber** 7g **Sodium** 772mg **Potassium** 705mg.

RECIPE BY CAROLYN MALCOUN & LILA TESNI

Crispy Grilled Cheese Sandwich with Thanksgiving Leftovers

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Shrimp & Tomato Grits

ACTIVE: 30 min **TOTAL:** 40 min

Sautéed garlicky cherry tomatoes add a pop of sweet and tangy flavor to these luscious cheesy grits.

- **4 cups low-sodium chicken broth *or* no-chicken broth**
- **1 cup stone-ground grits**
- **1 cup shredded sharp Cheddar cheese**
- **2 tablespoons extra-virgin olive oil, divided**
- **4 cups cherry tomatoes, halved**
- **4 scallions, whites and greens separated, sliced**
- **2 cloves garlic, grated**
- **1 pound raw shrimp (16-20 per pound), peeled and deveined**
- **1 teaspoon Cajun seasoning**
- **¼ cup dry white wine**

1. Bring broth to a boil in a medium saucepan over high heat. Slowly add grits and whisk to combine. Reduce heat to maintain a simmer and cook, stirring occasionally, until tender and thickened, about 25 minutes. Remove from heat and stir in cheese. Cover and set aside.

2. Meanwhile, heat 1 tablespoon oil in a large nonstick skillet over medium heat. Add tomatoes and cook, stirring occasionally, until they start to give off their juices, 2 to 3 minutes. Adjust heat to maintain a simmer. Cover and cook until the tomatoes are very tender, 10 to 15 minutes. Add scallion whites and garlic and cook until fragrant, about 1 minute. Stir the tomato mixture into the grits.

3. Pat shrimp dry. Wipe out the pan, add the remaining 1 tablespoon oil and heat over medium-high heat. Add the shrimp and sprinkle with Cajun seasoning. Cook, flipping once, until the shrimp are pink and cooked through, 3 to 4 minutes. Stir in wine and cook, stirring, until thickened, about 1 minute. Serve the shrimp over the grits, sprinkled with scallion greens.

SERVES 4: 3 oz. shrimp & 1¼ cups grits each
Cal 512 **Fat** 20g (sat 7g) **Chol** 187mg **Carbs** 47g **Total sugars** 5g (added 0g) **Protein** 36g **Fiber** 4g **Sodium** 550mg **Potassium** 956mg.

RECIPE BY ADAM DOLGE

For more creamy vegan soup recipes, hover your phone's camera over this smart code.

Get *EatingWell* recipes for easy weeknight dinners & 20-minute mains in Cozi, a free meal-planning & organizing app (available on iTunes and Google Play) from our parent company, Meredith Corporation.

Cauliflower & White Bean Soup with Herb Croutons

ACTIVE: 25 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate soup for up to 3 days.

Pureed cauliflower and white beans lend a creamy, silky texture to this soup without using a drop of dairy.

- 4 tablespoons extra-virgin olive oil, divided
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 2 teaspoons minced fresh sage, divided
- 2 teaspoons minced fresh thyme, divided, plus more for garnish
- 6 cups cauliflower florets (1 medium head)
- 4 cups low-sodium vegetable *or* no-chicken broth
- 1 15-ounce can no-salt-added white beans, rinsed
- ½ teaspoon ground pepper
- ¼ teaspoon salt
- 2 slices whole-wheat sandwich bread (3 ounces), cut into ½-inch cubes

1. Preheat oven to 400°F.

2. Heat 2 tablespoons oil in a large pot over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add garlic and 1 teaspoon each sage and thyme; cook until fragrant, about 1 minute. Stir in cauliflower, broth, beans, pepper and salt. Bring to a boil. Reduce heat to maintain a simmer, cover and cook until the cauliflower is very tender, 15 to 20 minutes.

3. Meanwhile, spread bread on a rimmed baking sheet and bake until golden brown, about 10 minutes. Transfer to a medium bowl and toss with 1 tablespoon oil and the remaining 1 teaspoon each sage and thyme.

4. Puree the soup using an immersion blender (or in batches in a regular blender) until smooth. (Use caution when blending hot liquids.) Serve the soup with the croutons and drizzled with the remaining 1 tablespoon oil and sprinkled with more thyme, if desired.

SERVES 4: 1¾ cups soup & ⅓ cup croutons each **Cal** 315 **Fat** 16g (sat 2g) **Chol** 0mg **Carbs** 35g **Total sugars** 7g (added 0g) **Protein** 10g **Fiber** 10g **Sodium** 432mg **Potassium** 778mg.

Penne with Sausage & Eggplant Bolognese

ACTIVE: 25 min **TOTAL:** 25 min

Here, we infuse eggplant with savoriness by cooking it in the sausage drippings. Serve this family-friendly baked pasta with a salad and pour the adults a glass of Chianti.

- ⅔ cup whole-milk ricotta cheese
- ¼ cup grated Parmesan cheese
- 1 large egg
- 8 ounces sweet *or* hot Italian sausage, casing removed
- 1 medium eggplant, cut into ½-inch cubes
- 2 tablespoons extra-virgin olive oil
- 1 24-ounce jar low-sodium marinara sauce *(see Tip)*
- 1 teaspoon fennel seeds
- ¼ teaspoon ground pepper
- 8 ounces whole-wheat penne
- ¾ cup shredded part-skim mozzarella cheese
- Fresh basil for garnish

1. Position rack in upper third of oven, preheat broiler to high. Bring a large pot of water to a boil.

2. Combine ricotta, Parmesan and egg in a small bowl. Set next to the stove

3. Cook sausage in a large ovenproof skillet over medium-high heat, breaking up big pieces with the back of a spoon, until no longer pink, about 5 minutes. Stir in eggplant and oil; cook, stirring occasionally, until the eggplant starts to soften, about 2 minutes. Stir in marinara, fennel seeds and pepper. Reduce heat to maintain a simmer and cook, stirring occasionally, until the eggplant is very soft, about 7 minutes more.

4. Meanwhile, cook pasta in the boiling water according to package directions. Drain and transfer to the pan with the sauce. Add the ricotta mixture and gently stir to combine. Bring to a simmer, then remove from heat. Evenly sprinkle mozzarella over the top.

5. Transfer to the upper rack and broil until starting to brown on top, 1 to 2 minutes. Serve topped with basil, if desired.

SERVES 5: about 1½ cups each

Cal 493 **Fat** 23g (sat 8g) **Chol** 82mg **Carbs** 50g **Total sugars** 10g (added 0g) **Protein** 25g **Fiber** 8g **Sodium** 717mg **Potassium** 323mg.

ILLUSTRATION BY EMMA DIBBEN RECIPE BY BREANA KILLEEN

SALT SLASHER

Choosing lower-sodium marinara sauce is an easy way to make more room for other flavorful, salty ingredients like Parmesan cheese and sausage. Look for a brand with less than 300mg sodium per ½-cup serving.

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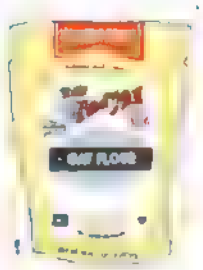

GO OAT
Using oat flour in these savory crepes makes them gluten-free (look for bags marked certified GF if that's a concern for you). If you already have oats on hand, you can make your own flour by pulsing ½ cup oats in a food processor until finely ground.

Oat-Flour Crepes with Tomato Pesto & Cheddar

ACTIVE: 25 min **TOTAL:** 25 min
TO MAKE AHEAD: Refrigerate batter (Step 2) for up to 2 days.
Swirling the pan before the batter sets up helps you get thin, foldable crepes to hold in all the flavorful fillings.

- **1 large egg**
- **½ cup low-fat milk**
- **½ cup oat flour *(see Tip)***
- **1 tablespoon melted butter**
- **¼ teaspoon salt, divided**
- **¼ cup prepared sun-dried tomato pesto**
- **1 cup shredded sharp Cheddar cheese**
- **1 tablespoon extra-virgin olive oil**
- **1 tablespoon lemon juice**
- **¼ teaspoon ground pepper**
- **4 cups mixed salad greens**

1. Place a baking sheet in the oven and preheat to 200°F.
2. Whisk egg, milk, oat flour, butter and ⅛ teaspoon salt in a medium bowl until smooth.
3. Coat a medium nonstick skillet with cooking spray and heat over medium heat. Add ¼ cup of the batter, swirling to coat the bottom of the pan. Cook until the top is dry to the touch, about 2 minutes. Flip the crepe and spread 1 tablespoon pesto over half of it. Top with ¼ cup cheese. Fold the other half of the crepe over the fillings and cook, flipping once halfway, until the cheese is melted and the crepe is browned, about 2 minutes more. Transfer to the oven to keep warm. Repeat with the remaining batter, pesto and cheese, coating the pan with cooking spray each time.
4. Whisk oil, lemon juice, pepper and the remaining ⅛ teaspoon salt in a large bowl. Add greens and toss to coat. Serve the crepes with the greens.
SERVES 4: 1 crepe & 1 cup salad each
Cal 280 **Fat** 20g (sat 9g) **Chol** 84mg **Carbs** 14g **Total sugars** 3g (added 0g) **Protein** 12g **Fiber** 3g **Sodium** 533mg **Potassium** 423mg.

ILLUSTRATION BY EMMA DIBBEN, RECIPE BY DEVON O'BRIEN

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What do you want
FOR BREAKFAST?

Something
DELICIOUS

Something
HIGH IN FIBER

Kellogg's
Raisin Bran

Pork Primer

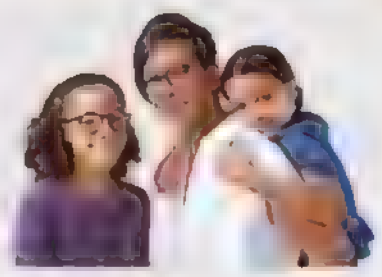
Armed with these tips, your kids will be able to help you shop for pork and cook it too. **By Joy Howard**

THE CUT
Pork tenderloin is the long muscle that runs along the upper side of a pig between the shoulder and the hindquarters. It's the leanest part on the animal, making it a low-saturated-fat choice.

BUY IT
The freshest pork is light red to cherry red, never pale or gray. Avoid "enhanced" pork that's injected with a saltwater solution. Check the label for any added solution that isn't plain water.

COOK IT
Because it's so lean, tenderloin is prone to drying out. To keep it moist, rub it with oil and don't overcook it—use an instant-read thermometer to check for doneness (145°F).

A NOTE FROM JOY
If your kids love pickles as much as mine do, giardiniera is a great way to sneak in a few extra veggies. It's got a tangy flavor similar to cucumber pickles, and the carrots, cauliflower and peppers in the mix have the same pleasantly crisp-tender texture.



Roast Pork Sandwiches with Giardiniera

ACTIVE: 30 min **TOTAL:** 30 min

The pickling liquid from the giardiniera soaks into the bread and coats the roasted pork, adding an extra hit of flavor to these Italian-style sandwiches.

- **1½ pounds pork tenderloin, trimmed**
- **1 tablespoon extra-virgin olive oil**
- **1½ teaspoons Italian seasoning**
- **¼ teaspoon ground pepper**
- **1 loaf ciabatta, preferably whole-wheat, halved and cut into 6 pieces**
- **6 slices provolone cheese**
- **1 cup prepared giardiniera**

1. Preheat oven to 400°F.
2. KIDS DO Place pork on a baking sheet and rub with oil. Sprinkle with Italian seasoning and pepper.
3. Roast the pork until an instant-read thermometer inserted in the thickest part registers 145°F, 25 to 30 minutes. Let rest for 5 minutes, then slice.
4. KIDS DO Remove some of the bread from the inside of each piece of ciabatta top. Arrange all the ciabatta pieces on a baking sheet. Divide the pork slices evenly among the sandwich bottoms; top each with a slice of provolone. Bake until the tops are lightly toasted and the cheese has melted, 2 to 3 minutes. Divide giardiniera among the sandwich bottoms and cover with the tops.

SERVES 6: 1 sandwich each
Cal 412 **Fat** 16g (sat 6g) **Chol** 89mg **Carbs** 28g **Total sugars** 0g (added 0g) **Protein** 38g **Fiber** 5g **Sodium** 947mg **Potassium** 480mg.

NSET BRETT SIMPSON

RECIPE BY BREANA KILLEEN

Brown Butter Mushroom & Goat Cheese Toasts

ACTIVE: 20 min **TOTAL:** 20 min

Serve these savory herbed crostini with a big green salad. Looking for a heartier meal? Top each toast with a poached or fried egg.

- **2 tablespoons extra-virgin olive oil**
- **12 small fresh sage leaves**
- **12 ounces cremini mushrooms, quartered**
- **2 tablespoons minced shallot**
- **¼ teaspoon salt**
- **¼ teaspoon ground pepper**
- **1½ tablespoons butter**
- **4 ounces goat cheese**
- **4 slices crusty whole-wheat bread, toasted**
- **4 teaspoons pine nuts, toasted**

1. Heat oil in a medium skillet over medium heat. Add sage and cook until crisp, 2 to 4 seconds per side. Using a slotted spoon, transfer the sage to a paper-towel-lined plate.
2. Add mushrooms and shallot to the pan, season with salt and pepper, and cook, stirring occasionally, until soft and lightly browned, about 5 minutes. Using a slotted spoon, transfer the mushrooms to a bowl.
3. Add butter to the pan and cook, scraping up any browned bits, until the butter starts to brown, about 30 seconds. Pour the butter over the mushrooms and stir to combine.
4. Spread goat cheese on each toast. Top with the mushrooms, pine nuts and the sage.

SERVES 4: 1 toast each
Cal 313 **Fat** 18g (sat 6g) **Chol** 17mg **Carbs** 26g **Total sugars** 6g (added 0g) **Protein** 12g **Fiber** 3g **Sodium** 431mg **Potassium** 428mg.

Pistachio-&-Halloumi-Crusted Halibut

ACTIVE: 10 min **TOTAL:** 20 min

The high melting point of briny halloumi cheese keeps it firm even when you cook it until crispy at high heat. It's a good choice for combining with nuts and breadcrumbs for the crunchy topping on this fish. Since your oven is already on, make some roasted potatoes to serve alongside.

- ¼ cup shredded halloumi cheese
- ¼ cup finely chopped unsalted pistachios
- ¼ cup panko breadcrumbs
- 1 scallion, minced
- ½ teaspoon grated lemon zest, plus lemon wedges for serving
- 1¼ pounds halibut fillet, cut into 4 portions
- ¼ teaspoon ground pepper
- ⅛ teaspoon garlic salt
- 1½ tablespoons mayonnaise

1. Preheat oven to 400°F. Coat a baking sheet with cooking spray or line with foil.

2. Stir cheese, pistachios, panko, scallion and lemon zest in a small bowl. Place halibut on the prepared pan and sprinkle with pepper and garlic salt . Brush the top of the fish with mayonnaise, then coat with the pistachio mixture, pressing to help it adhere.

3. Bake until the fish is opaque and flakes easily with a fork, 8 to 12 minutes. Serve with lemon wedges, if desired.

SERVES 4: 4 oz. fish each

Cal 255 **Fat** 12g (sat 3g) **Chol** 78mg **Carbs** 6g **Total sugars** 1g (added 0g) **Protein** 30g **Fiber** 1g **Sodium** 286mg **Potassium** 708mg.

MORE TO LOVE

This quick and crunchy dish gets a heart-healthy tag for being low in sat fat and sodium. Just a bit of salty halloumi does the trick, and pistachios add an extra boost of healthy fats to those from the halibut.

RECIPE BY BREAN

LOVE YOUR HEART

Drinking unsweetened Lipton Black and Green Tea every day
can help support a healthy heart.*
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*Daily consumption of 2-3 cups of unsweetened brewed tea providing between 200-500mg of flavonoids can help support a healthy heart as part of a diet consistent with dietary guidelines. Unsweetened Lipton Black tea contains 170mg and Unsweetened Lipton Green tea contains 150mg of flavonoids per cup.

Lipton

Chef Edouardo Jordan

The James Beard Award-winning chef showcases his philosophy of highlighting diverse cultural cooking traditions in his suite of Seattle restaurants. His first restaurant, Salare, focuses on influences from France, Italy, Africa, the Caribbean and the American South. At JuneBaby he cooks up soul food inspired by his Southern roots. And Lucinda Grain Bar features heirloom grains in inventive dishes and distilled-spirit cocktails.

Roasted Carrots & Mushrooms with Scallion Salsa Verde

ACTIVE: 35 min **TOTAL:** 45 min

TO MAKE AHEAD: Refrigerate salsa verde (Steps 3-4) for up to 1 week.

Charred ginger and jalapeño amp up the flavor of this salsa verde by adding smokiness, a perfect match for the bright herbs and roasted vegetables.

- **2 pounds medium carrots, halved lengthwise**
- **10 ounces cremini mushrooms, halved**
- **3 tablespoons extra-virgin olive oil plus ⅓ cup, divided**
- **3 tablespoons champagne vinegar**
- **5 sprigs fresh thyme**
- **5 cloves garlic, crushed, divided**
- **¾ teaspoon salt, divided**
- **1 1-inch knob fresh ginger, peeled**
- **1 1-inch piece jalapeño, seeded if desired**
- **¼ cup diced yellow onion**
- **1½ cups chopped scallion greens**
- **1¼ cups fresh herbs, such as parsley, cilantro *and/or* tarragon**
- **2 tablespoons water**
- **¾ teaspoon ground coriander**
- **¾ teaspoon ground cumin**
- **1 cup whole-milk plain Greek yogurt**
- **1 teaspoon caraway seeds, toasted and lightly crushed**

1. Preheat oven to 425°F.

2. Toss carrots and mushrooms with 2 tablespoons oil, vinegar, thyme, 4 cloves garlic and ½ teaspoon salt on a large rimmed baking sheet. Spread in an even layer. Roast, stirring occasionally, until tender, about 30 minutes.

3. Meanwhile, chop the remaining garlic clove. Heat a large skillet over medium-high heat. Add ginger and jalapeño and cook, turning occasionally, until charred, 7 to 10 minutes. Transfer to a blender. Reduce heat to medium and add 1 tablespoon oil, onion and the chopped garlic; cook, stirring, until very soft, 1 to 3 minutes. Scrape into the blender.

4. Add scallion greens, herbs, water, coriander and cumin to the blender along with the remaining ⅓ cup oil and ¼ teaspoon salt, process until smooth.

5. Spread yogurt on a serving platter. Top with the vegetables and drizzle with the salsa verde. Sprinkle with caraway seeds.

SERVES 8: ⅔ cup each

Cal 227 **Fat** 16g (sat 3g) **Chol** 4mg **Carbs** 17g **Total sugars** 8g (added 0g) **Protein** 6g **Fiber** 5g **Sodium** 319mg **Potassium** 696mg.

INSET: SHANNON RENFROE

Makes
broccoli less
broccoli-ey.

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Chicken & Wild Rice Stew with Kale

ACTIVE: 30 min **TOTAL:** 3½ hrs
TO MAKE AHEAD: Refrigerate for up to 2 days.
EQUIPMENT: 6-qt. or larger slow cooker

Chicken thighs get perfectly tender in just a few hours in the slow cooker. Plus, cooking everything together low and slow infuses all the flavors together for complexity in every bite.

- **2 pounds boneless, skinless chicken thighs, trimmed**
- **1½ teaspoons dried thyme, divided**
- **1½ teaspoons salt**
- **¼ teaspoon ground pepper**
- **6 cups low-sodium chicken broth**
- **10 ounces sliced mushrooms**
- **1 cup chopped carrot**
- **1 cup chopped celery**
- **1 cup chopped onion**
- **1 cup wild rice**
- **½ cup dry sherry**
- **2 cloves garlic, chopped**
- **6 cups chopped stemmed kale**
- **1 cup sour cream, divided**
- **1 tablespoon lemon juice**

1. Sprinkle chicken with 1 teaspoon thyme, salt and pepper. Place in a 6-quart or larger slow cooker and add broth, mushrooms, carrot, celery, onion, rice, sherry and garlic. Stir to combine.
2. Cover and cook on High for 3 hours or on Low for 6 hours.
3. Remove the chicken to a clean cutting board and shred. Stir the chicken back into the stew along with kale, ½ cup sour cream, lemon juice and the remaining ½ teaspoon thyme. Serve topped with a dollop of the remaining sour cream.

SERVES 8: 1½ cups each
Cal 363 **Fat** 15g (sat 5g) **Chol** 90mg **Carbs** 27g **Total sugars** 4g (added 0g) **Protein** 31g **Fiber** 3g **Sodium** 592mg **Potassium** 724mg.

LOOKING AT YOU, STEW!

Kale and carrots are packed with vision-protecting carotenoids, and a little fat from the sour cream helps your body absorb these essential nutrients.

RECIPE BY BREANA KILLEEN

SWEET STUFF

The pomegranate molasses used to glaze this chicken is made from pomegranate juice that's been reduced to a sweet-tart syrup. Look for it at well-stocked grocery stores or use 1½ tsp. each pomegranate juice and honey in its place here.

Spiced Pomegranate Molasses Chicken Thighs

ACTIVE: 25 min **TOTAL:** 45 min

Walnuts, lemon juice and feta combine to make a rich, tangy dressing to coat the vegetables cooked alongside this chicken.

- 1 lemon
- 1½ pounds fingerling potatoes, halved
- 4 tablespoons extra-virgin olive oil, divided
- ¾ teaspoon salt, divided
- ¾ teaspoon ground pepper, divided
- 1½ tablespoons honey
- 1 tablespoon pomegranate molasses *(see Tip)*
- 1 teaspoon garam masala
- 2¼ pounds bone-in, skin-on chicken thighs, trimmed
- 4 cups chopped spinach
- ⅓ cup chopped toasted walnuts
- ⅓ cup crumbled feta cheese
- Pomegranate arils for garnish

1. Preheat oven to 450°F.

2. Zest lemon into a small bowl and set the zest aside. Cut the lemon in half and toss with potatoes, 2 tablespoons oil and ¼ teaspoon each salt and pepper on a large rimmed baking sheet.

3. Whisk 1 tablespoon oil, honey, pomegranate molasses, garam masala and the remaining ½ teaspoon each salt and pepper in another small bowl. Nestle chicken into the potatoes and brush with the glaze.

4. Roast the chicken and potatoes until an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers 165°F, 25 to 30 minutes.

5. Transfer the chicken to a serving platter. Sprinkle spinach on top of the potatoes; toss until wilted. Carefully juice the hot lemons into the bowl with the lemon zest. Stir in the remaining 1 tablespoon oil, walnuts and feta. Drizzle the dressing over the vegetables and toss to coat. Serve the vegetables with the chicken; garnish with pomegranate arils, if desired.

SERVES 4: 3 oz. chicken & 1¾ cups vegetables each **Cal** 737 **Fat** 45g (sat 10g) **Chol** 205mg **Carbs** 44g **Total sugars** 10g (added 6g) **Protein** 42g **Fiber** 7g **Sodium** 738mg **Potassium** 639mg.

"MAKE YOUR *Holiday* JUST A LITTLE BIT BRIGHTER."

Jimmy Dean

Sausage Cornbread Stuffing

INGREDIENTS

- 1 16-oz. pkg. Jimmy Dean® Premium Pork Sausage (Sage or Regular)
- 2 cups celery, chopped
- 1 cup onion, finely chopped
- 4 cups cornbread, toasted & chopped
- ¼ cup fresh parsley, chopped
- 1 tsp. poultry seasoning
- 1 cup chicken broth
- 1 egg, lightly beaten
- ½ cup pecans, chopped (optional)

JIMMYDEAN.COM/RECIPES

DIRECTIONS

Prep Time: 20 min. | Cook Time: 45 min.

1. Preheat oven to 325°F. Cook sausage, celery and onion in large skillet over MEDIUM-HIGH heat for 8–10 min. or until sausage is thoroughly cooked; drain. Spoon into large bowl.
2. Add cornbread, parsley and seasoning; mix lightly. Add in broth and egg, and mix until blended. Stir in pecans, if desired.
3. Spoon into lightly greased 2-quart casserole or soufflé dish; cover and bake 45 min. or until thoroughly heated, uncovering after 35 min.

Cook's Tip:
To toast cornbread, bake at 400°F for 10 min.

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The UNITED STATES of THANKSGIVING

A feast of gyoza, osso buco, winter melon soup and berry Jell-O. An oysters-and-Champagne brunch for friends, family and seemingly half the county. A 23-guitar, Bowie-belting potluck. These stories—from people across the country—prove that there are so many wonderful ways to celebrate this holiday. And for that, we are thankful.

As told to Betsy Andrews

NICK BURCHELL

What a year this is for Thanksgiving! As we figure out how to do it virtually or in smaller groups or socially distanced, we are struck with deep appreciation for what we normally take for granted: the beauty of gathering loved ones to cook and eat together, to laugh and argue and celebrate. Though we might not be elbow-to-elbow with them, the people we have in our lives are more important than ever.

Here at *EatingWell*—if we may pull back the curtain a bit—we think about Thanksgiving all year-round. Given the realities of magazine-making, we report on the get-togethers we feature a year in advance, so the stories, photos and inspiring recipes are ready for you in time for your next holiday.

In fall 2019, prepandemic, we were thinking a lot about how Thanksgiving is more than the food on the plate. It's communion with the other humans we rely on. The turkey, the stuffing, the pies—we gobble them down. The feast is delicious yet fleeting. The family and friendships? Those last and last. Here are six Thanksgivings—all beautifully different, shot during the festivities last year and told in the celebrants' own words—that prove the point.

A MELTING POT

TERRENCE GEE • SAN FRANCISCO

On Thanksgiving, we go all out. It's a chance to show off what you have up your sleeve. With all our spouses and kids, we're a blend of Chinese, Taiwanese, Korean and white American. And our meal is a cultural mashup. My sister, Sabrina, for example, is into making gyoza. We all started the meal by helping her prep them. The filling, from our grandmother's recipe, was a Chinese mixture of ground pork, water chestnuts, chives and such. But the dumplings were wrapped—not pinched like my grandmother's—into the rosette shapes that Sabrina learned from a Japanese pal. And because her son is allergic to turkey, Sabrina braised osso buco and served it alongside a gremolata full of lemon zest, garlic, parsley.

I served winter melon soup, ladled out of the winter melon rind itself. A traditional Chinese banquet dish, it's said to enhance your beauty and help with cooling and kidney function. But I also think it's delicious—spongy cubes of melon braised in chicken stock and enriched with dried shiitakes and Virginia ham. Sabrina thought it needed more salt, but I was proud of it. And because I had gone crabbing that week, I steamed three hefty Dungeness crabs.

My brother Forrest cooked a ham and a berry-flavored, four-layer Jell-O. My other brother, Wayne, is the wild card. You never know what he'll bring. He drove up from Los Angeles with, among other things, canned cranberry sauce and a couple of roast ducks he scored at a restaurant in L.A.'s Chinatown. One bird went right into my soup. The other we nibbled while filling gyoza.

There were my mom's deviled eggs, my stepmother's yams, Wayne's special bok choy and mushrooms. We teased each other throughout the meal: 'Hey! Grandma never added olives to that...' 'Wayne, you brought potato latkes to Thanksgiving?!'

This year will be pretty much the same, only we'll spread out across my big, midcentury house. We won't sit together, and we'll take care around Mom. The constant, though, will be the enormity of the meal. There are always so many huge dishes, we'll be eating leftovers for a week."

Get the recipe for Sabrina Gee-Shin's gyoza and other Thanksgiving favorites from our celebrants on page 77.

TERRENCE GEE *(center, background) is a financial advisor in San Francisco.*

PHOTO BY MARC OLIVIER LE BLANC

California

Pennsylvania

OYSTERS, ANYONE?

ERIN SHEA • LEHIGH VALLEY

My husband, Lee Chizmar, and I used to host Thanksgiving at our restaurant, Bolete, for his family and for staff who needed a place to go. Back then, we lived right upstairs. When we bought our house, we couldn't fit everyone for a sit-down meal. So we dreamed up a pre-party instead. Champagne and oysters, 10 a.m. to noon? It sounded great. But who would have time to come?

Well, you'd be surprised how many people want to stuff themselves with bubbles and bivalves before they cook their turkey. Four years later, we pack our little ranch house to the rafters with staff, neighbors, friends, friends of friends. There's no formal invitation. I just send one mass text, and the rule is: Once you're invited, you're always invited. And if you have someone you want to invite, they are welcome too. Elbow to elbow in front of the food, relationships get forged at this party. Kids are running everywhere. It's blissful chaos.

This time we served 800 oysters—Rhode Island's East Beach Blondes—and Lee made hot sauces and a shiitake mignonette. There was a table for homemade bagels and smoked salmon with all the accouterments. Another was piled with meats and cheeses and cold noodle salads from Mr. Lee's, our Japanese-inspired eatery. The sparkling rosé flowed and drinks flew out of the Bloody Mary bar.

Our Great Dane, Moose, roamed around. Our kids brought out their pet snakes for guests to hold, and our two young daughters put on a dance show with costume changes. We taught everyone how to shuck their own oysters. It was wonderful in that 'we will never have all these people in the same place again' way. Except we do, year after year. This holiday, though we need to have enough space for everyone's safety—maybe moving the party to the big park down the road—we're still hoping to make it happen.

And after it's over, we always have a quiet dinner at my in-laws' house across the street. Ask me the morning of the party, and I might not say the same thing, but at the end of the day when I rest my head, the party has always been perfect."

ERIN SHEA *(not pictured) and her husband, Lee Chizmar (far left), have three Lehigh Valley-area restaurants.*
PHOTO BY LYNN JOHNSON

HEALTHY TRADITIONS

KAREN WASHINGTON • ATLANTA

Thanksgiving brings memories of my mom in the kitchen, putting the turkey in the oven, cleaning collard greens, sitting at the table popping string beans. When she passed, I wanted to continue that with my daughter. So, this Thanksgiving, Kendra and I were in her Atlanta kitchen rattling those pots and pans and haggling over how much vinegar to put in the greens or whether they should be crisp or long-cooked and silky. Her kids were at the table with the string beans. It's an African American ritual, popping string beans together, laughing about old times, just catching up—that's what's good about the holiday.

We took all that food to my cousin's house, where 15 or so of us gathered. Turkey, macaroni and cheese, red rice, stuffing, sweet potato soufflé, my cousin Kevin the Baker's seven desserts—everybody brings something to the table. If my mom had been there, she would have said all the recipes were hers, although nowadays we're more health-conscious. Diabetes and heart disease are killing African Americans, and as an organic farmer and food-justice activist, it's my work to help my community eat more nutritiously. So instead of ham hock or fatback or bacon grease, we flavored foods with smoked turkey. The drink of choice was water. And, as always, we thought about portion control.

But though we eat a little differently than the elders did, we don't forget them. We sat at my cousin's table and talked about loved ones we miss. We talked about how, back in the day, so many people would fit in my great-grandmother's two-room house. We shared the history so that the younger ones can understand how important family is.

This year, we have been practicing staying together with our weekly Zoom sessions. So it might have to be virtual, but we are determined we will have family Thanksgiving! And, even if it's over the internet, we will say grace. Before the meal—before each and every meal, in fact—we thank the ancestors and give them respect. It epitomizes how thankful we are to support each other."

KAREN WASHINGTON *(not pictured) is co-owner of Rise & Root Farm in Chester, New York.*

PHOTO BY NICK BURCHELL

Georgia

TURKEY AND TUNES

NEFERTITI JONES • NEW YORK CITY

I am a musician, as is my husband, Jimi K Bones. We live this very creative life in Manhattan's East Village. Our Thanksgiving celebrates that. I'm a native New Yorker. In the mid-1990s when I moved away for a bit, I was too broke to come home for Thanksgiving, so my roommate and I would cook for whoever was hanging out. I loved that tradition so much that I brought it back with me.

Everyone knows our holiday is an open-door potluck, but you never know who will show up, or at what time. We ended up with 19 people jammed into our two-bedroom apartment, a mishmash of artists from all walks. We partied till midnight. Mikey P was there. He looks like a pirate, and as a merchant marine, he's had run-ins with real pirates. 'Tales of the Sea with Mikey P'—that's what we call his stories. Sara came. She's covered in tattoos. For years, she didn't know what she wanted to do, then she started painting and now she sells her art for thousands of dollars. Alanna cooked amazing enchiladas and showed off this elaborate safety-pin jewelry she makes. Big John brought a turducken that was so big, we had to cook it at the neighbor's apartment. We stuffed ourselves silly.

By dessert, everyone was squeezed onto couches or sitting on the floor in our second bedroom, aka 'the music room,' with plates of pie balanced on their knees. Then out came the instruments. We have 23 guitars, 10 amps, 4 keyboards, even some violins—there's something for anyone who's musical. Byron Bangs belted songs in his wild tenor voice. Joan, from an all-girl Led Zeppelin cover band, jammed on the keys. Jimi played all the strings: guitar, bass, mandolin, banjo. 'Wonderwall,' 'Ziggy Stardust'—people joined in, singing on-key, off-key, drumming on the coffee table.

In 2020, with the virus, who knows what'll happen. Mikey P is stuck out at sea. Our work has been tough, with gigs and tours canceled. It makes me value last year's party all the more, when I sang my newest song, 'Broken Smile,' to everyone. It includes the line, 'The music is just right.' And, on Thanksgiving, it was."

NEFERTITI JONES *(center, singing) is a musician and founder of Haven Kids Rock, a music program serving at-risk children in New York City.*

PHOTO BY MICHAEL BERMAN

New York

Rhode Island

GAME ON

P.J. JONES • PROVIDENCE

Dave and I are super family-oriented. We got married in 2017, but we've been together for 18 years. With a lesbian couple who are friends of ours, we created an intentional, extended family and raised two boys, sharing the parenting. Henry is 15 and Jude is 17. The year before, we had them for the holiday, so they joined us in Providence at my brother's house, where their starstruck younger cousins, who are 6 and 8, followed them around like puppy dogs, shoving books at them to read aloud or toy cars to play with. The meal was traditional New England: succotash and sweet potatoes for sides. But when my sister-in-law learned that Dave's vegan sister was joining us, she went vegan crazy. She used vegan 'butter'; she picked up dishes at an Indian restaurant. I was jealous of her hostess skills.

I'm a landscape architect, so I created the tablescapes: flowers on the credenza; a runner of tiny cabbages on stalks, dried grasses and cattails in bud vases; pears, dates and candles.

Then I got to exercise my competitive streak because our family loves post-dinner games. We played a cutthroat game of Sequence, or 'Sequins,' as I call it. Think Rummy 500 meets Connect Four, but with lots of lip and sass. The kids creamed the adults at the memory game Spot It. And we cracked each other up playing What Do You Meme? Everyone captions an image—a cat on a cellphone, a cat grabbing its head—and a judge picks the best one. The grandparents weren't there, so our filters were off and we could have more fun with our language and Lady Gaga references.

Though we're not sure how Thanksgiving will play out this year, for sure there will be games. Win or lose, the goal is shared fun. We're full, we're satisfied, we're lingering at the table. We put our phones away, pull the boards out and bond."

P.J. JONES *(center) is the owner of Brooklyn-based Jay Gardens.*
PHOTO BY JOHN STANMEYER

A MOVEABLE FEAST

LIZ BROWNLEE • CROTHERSVILLE

My husband, Nate, and I are young farmers. We raise turkeys on the pasture of our Indiana farm, where they plump up on bugs and grasses. We open up pre-sales for birds in the fall, and by November we're all sold out. Then the animals are brought to the butcher, and just before Thanksgiving we hold a big 'Turkey Distro Day,' where we meet up with customers to hand them a tote containing a Thanksgiving turkey at the approximate weight of their choice.

It sounds transactional, but it's a joyful experience. We load up the farm truck at 4 a.m., turkeys stowed on ice in the pickup. Columbus Farmer's Market, Seymour's natural-foods store, the Trinity United Methodist Church in Madison—101 people retrieved their birds at drop-off points in the country towns that surround us. Some were our regular CSA members; others don't buy from us any other time of year. It was chilly out, and people were shivering in line, but everyone was chatting with each other. Some brought coolers filled with seasoned water to dunk their turkeys straight in; others were asking those folks for brining tips. I heard them swapping methods for roasting the bird, and an experienced cook encouraged novices to make stock with the carcass. As always, the conversations turned more political, as people in line realize they're surrounded by kindred spirits who care about local food systems.

Those conversations will be more important than ever this year in the context of COVID-19. Before we head home to host our own BYO, socially distanced Thanksgiving in our massive, 200-year-old barn, we'll figure out how to safely deliver customers' birds, and we'll provide tips for freezing and using the leftovers from what are bound to be smaller gatherings. People might be wearing masks, but they will commune with each other at the pickup points.

Our clientele runs the socioeconomic gamut. Some are doctors and lawyers, and others are factory workers, soldiers or teachers. They span the political spectrum. But everyone cares about good food; they want their local farms to thrive. Because if we do, our rural communities can too. There's plenty that divides us nowadays, but for Thanksgiving, our farm's food brings us together."

LIZ BROWNLEE *(center) and her husband, Nate (right), own Nightfall Farm in southern Indiana.*

PHOTO BY ZACH DOBSON

Gyoza

ACTIVE: 40 min **TOTAL:** 40 min

TO MAKE AHEAD: Refrigerate uncooked dumplings (Steps 1-2) for up to 1 day or freeze for up to 1 month. **EQUIPMENT:** Parchment paper

Terrence Gee's sister, Sabrina Gee-Shin, uses their grandmother's Chinese filling to make these gyoza. She teaches several folding methods in her Kimchee Mama cooking classes. This one is quick and simple, perfect for busy holiday schedules.

- **8 ounces ground pork**
- **½ cup chopped Chinese flat chives *or* chives**
- **½ small onion, grated**
- **3 tablespoons cornstarch, divided, plus more for dusting**
- **2 teaspoons Shaoxing rice wine**
- **1½ teaspoons toasted sesame oil**
- **1½ teaspoons reduced-sodium soy sauce**
- **1½ teaspoons finely chopped palm sugar *or* light brown sugar**
- **¼ teaspoon salt**
- **¼ teaspoon ground white pepper**
- **⅔ cup water**
- **25 round Shanghai-style dumpling wrappers**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 cup low-sodium chicken broth, divided**

1. Combine pork, chives, onion, 1 tablespoon cornstarch, rice wine, sesame oil, soy sauce, sugar, salt and pepper in a large bowl; mix well. Whisk the remaining 2 tablespoons cornstarch and water in a small bowl.

2. Set up your workspace with a stack of dumpling wrappers and a small bowl of water. Line 1 large baking sheet with parchment paper and dust with cornstarch. Start with 6 wrappers and spoon about 2 teaspoons filling into the center of each. Wet your finger and run it around the edge of a wrapper. Fold the wrapper over to form a half-moon shape and press the edges together to seal. Pleat the edges, if desired. Arrange the dumplings on the prepared baking sheet without letting them touch. Repeat with the remaining wrappers and filling.

3. Heat 1 tablespoon olive oil in a large nonstick skillet over medium heat. Add half the dumplings, seam-side up and hugging each other in concentric rings, to fill the pan. Cook until the bottoms are golden brown, about 2 minutes. Add ½ cup broth. Whisk the cornstarch mixture and add half to the pan. Cover and cook until the filling is cooked through and the liquid is nearly evaporated, about 5 minutes.

4. Using a spatula, make sure the gyoza will release from the pan. Then place a plate (slightly smaller than the pan) upside down on the gyoza. Holding it with your fingertips (not the flat of your hand, to avoid burning yourself), flip the gyoza onto the plate. Repeat with the remaining olive oil, gyoza, broth and cornstarch mixture.

SERVES 5: 5 gyoza each

Cal 281 **Fat** 14g (sat 4g) **Chol** 35mg **Carbs** 24g **Total sugars** 3g (added 2g) **Protein** 13g **Fiber** 1g **Sodium** 395mg **Potassium** 198mg.

Oysters with Roasted Shiitake Mignonette

ACTIVE: 35 min **TOTAL:** 35 min

Oysters and mushrooms are both sources of umami. When paired as seafood and sauce in this recipe from Erin Shea and Lee Chizmar, each ingredient lifts the signature flavor of the other.

- **4 large shiitake mushroom caps, divided**
- **1 teaspoon grapeseed *or* canola oil plus 2 tablespoons, divided**
- **3 tablespoons minced shallot**
- **2½ tablespoons dry white wine**
- **2 tablespoons champagne vinegar**
- **¼ teaspoon ground pepper**
- **12 shucked oysters**
- **Crushed ice *or* rock salt for serving**
- **2 scallions, thinly sliced**
- **Lemon wedges for serving**

1. Preheat oven to 350°F.

2. Toss 2 mushroom caps with 1 teaspoon oil in a small bowl. Place in a small baking pan and roast until tender, about 10 minutes. Let cool.

3. Meanwhile, thinly slice the remaining 2 mushroom caps. Heat the remaining 2 tablespoons oil in a small skillet over medium-high heat. Cook the sliced mushrooms, stirring occasionally, until golden brown, 2 to 3 minutes. Using a slotted spoon, transfer to a paper-towel-lined plate to drain.

4. Finely dice the roasted mushrooms. Combine with shallot, wine, vinegar and pepper in a small bowl.

5. Place oysters on a bed of crushed ice (or rock salt). Drizzle each oyster with 1 teaspoon of the mignonette. Garnish with the fried shiitakes, scallions and lemon, if desired.

SERVES 4: 3 oysters each

Cal 66 **Fat** 4g (sat 0g) **Chol** 15mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 3g **Fiber** 1g **Sodium** 36mg **Potassium** 171mg.

Braised Greens

ACTIVE: 30 min **TOTAL:** 30 min

This recipe is a staple on Karen Washington's holiday table. You'll find ham hocks and smoked turkey in the meat department at most larger markets.

- **1½ cups water**
- **8 ounces smoked bone-in turkey leg, turkey wings *or* ham hock**
- **1 medium red onion, chopped**
- **½ teaspoon salt**
- **¼ teaspoon crushed red pepper**
- **2 pounds mixed greens, such as collards, kale, mustard *and/or* turnip greens, stemmed and cut into 1-inch-wide ribbons (20 cups)**
- **1 tablespoon cider vinegar**
- **1 teaspoon hot sauce**

1. Combine water, turkey (or ham hock), onion, salt and crushed red pepper in a large pot. Bring to a gentle simmer over high heat, cover and cook for 15 minutes.

2. Stir in greens, in batches. Cover and cook until the greens are tender, about 5 minutes. Remove the turkey (or ham hock). Shred the meat, discarding bones. Return 1 cup meat to the pot along with vinegar and hot sauce. (Reserve any remaining meat for another use.)

SERVES 8: ½ cup each

Cal 74 **Fat** 2g (sat 1g) **Chol** 11mg **Carbs** 7g **Total sugars** 1g (added 0g) **Protein** 7g **Fiber** 5g **Sodium** 323mg **Potassium** 303mg.

JACOB FOX. STYLING: KELSEY BULAT, SUE MITCHELL

CHOOSING

BITTER GREENS SALAD WITH PERSIMMONS, MANCHEGO & HAZELNUT VINAIGRETTE (P.81)

SIDES

The bird may get all the attention but let's be real: the sides are

And if you don't believe us, just check out this selection of sage-infused marshmallow fluff-topped squash casserole, quince-glazed Brussels sprouts, creamy corn pudding and more.

Recipes by
DANIELLE CENTONI &
CAROLYN MALCOUN

Photography by
JOHNNY AUTRY

HONEYNUT SQUASH CASSEROLE WITH SAGE MARSHMALLOW TOPPING (P.83)

Roasted Brussels Sprouts with Quince Glaze

ACTIVE: 15 min **TOTAL:** 35 min

TO MAKE AHEAD: Refrigerate sauce (Step 3) for up to 1 week. Reheat before using, adding a few tablespoons of water to thin it if necessary.

A sweet and fruity glaze, spiked with a touch of heat from crushed red pepper flakes, transforms simple roasted Brussels sprouts. Look for quince paste with specialty cheeses at well-stocked supermarkets.

- **2 pounds Brussels sprouts, trimmed and halved**
- **¼ cup extra-virgin olive oil**
- **¾ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **⅓ cup quince paste (membrillo)**
- **⅓ cup water**
- **2 tablespoons granulated sugar**
- **1 teaspoon grated lemon zest**
- **1 tablespoon lemon juice**
- **½ teaspoon crushed red pepper**
- **¼ teaspoon smoked paprika**
- **4 tablespoons finely chopped fresh mint *or* basil, divided**

1. Preheat oven to 400°F. Set a large rimmed baking sheet in the oven to preheat for 5 minutes.

2. Toss Brussels sprouts with oil, ½ teaspoon salt and ¼ teaspoon pepper in a large bowl. Arrange the Brussels sprouts, cut-side down, on the preheated baking sheet. Roast until browned and tender, stirring once halfway through, 20 to 25 minutes.

3. Meanwhile, combine quince paste, water, sugar, lemon juice and crushed red pepper in a small saucepan. Bring to a simmer over medium heat, stirring to melt the quince paste. Cook until syrupy, about 5 minutes. Remove from heat and stir in paprika and the remaining ¼ teaspoon each salt and pepper. Cover to keep warm.

4. Transfer the roasted Brussels sprouts to a serving bowl and toss with the quince glaze and 2 tablespoons mint (or basil). Serve topped with lemon zest and the remaining 2 tablespoons mint (or basil).

SERVES 8: ½ cup each

Cal 157 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 21g **Total sugars** 13g (added 6g) **Protein** 3g **Fiber** 4g **Sodium** 248mg **Potassium** 413mg.

Roasted Fennel & Delicata Squash with Olive & Parmesan Breadcrumbs

ACTIVE: 30 min **TOTAL:** 1 hr 10 min

TO MAKE AHEAD: Prepare breadcrumbs (Steps 2 & 5) without Parmesan; store airtight at room temperature for up to 1 day. Add Parmesan just before serving.

Here's a game plan to get this on the table with your bird: Make the breadcrumbs the day before (see above) *and prep the veg while the turkey is roasting. About 15 minutes before you expect the turkey to be done, put the fennel in the oven. Then when you take out the bird, pop the delicata in.*

- **8 ounces cubed crusty whole-wheat bread**
- **2 medium delicata squash**
- **6 tablespoons extra-virgin olive oil, divided**
- **½ teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **2 medium fennel bulbs, cored and cut into 1-inch-thick wedges**
- **1 large clove garlic, crushed and peeled**
- **¼ cup pitted oil-cured olives, rinsed and minced**
- **¼ cup grated Parmesan cheese**
- **2 tablespoons chopped flat-leaf parsley**
- **2 teaspoons chopped fresh thyme**
- **¼ cup balsamic vinegar**

1. Position racks in upper and lower thirds of oven; preheat to 275°F.

2. Arrange bread in an even layer on a rimmed baking sheet. Bake on the upper rack until completely dry, but not browned, 15 to 20 minutes. Let cool. Place in a sealable plastic bag and crush with a rolling pin or mallet into pieces the size of a pencil eraser. Set aside. Increase oven temperature to 400°.

3. Meanwhile, trim squash, cut in half crosswise and scoop out the seeds. Slice into ½-inch-thick rings. Toss the squash in a large bowl with 1 tablespoon oil and ¼ teaspoon each salt and pepper. Arrange in an even layer on a large rimmed baking sheet. Toss fennel in the bowl with 2 tablespoons oil and the remaining ¼ teaspoon each salt and pepper. Arrange on another large rimmed baking sheet.

4. Roast the fennel on the upper rack until browned on the bottom, about 15 minutes. Flip the fennel and place the squash on the lower rack. Roast, flipping the squash once, until the vegetables are tender, about 20 minutes more.

5. Meanwhile, heat the remaining 3 tablespoons oil in a small skillet over medium heat. Add garlic and cook until golden brown, about 3 minutes. Remove with a slotted spoon or

Still can't choose? Find recipes for even more sides by hovering your phone's camera over this smart code.

tongs to a cutting board. Add the reserved breadcrumbs to the pan and cook, stirring often, until golden and crispy, about 3 minutes. Remove from heat. Finely chop the garlic and stir into the breadcrumbs along with olives, Parmesan, parsley and thyme.

6. Transfer the roasted vegetables to a serving platter. Drizzle with vinegar and sprinkle with the breadcrumbs.

SERVES 8: about 1 cup each
Cal 221 **Fat** 13g (sat 2g) **Chol** 2mg **Carbs** 25g **Total sugars** 6g (added 0g) **Protein** 4g **Fiber** 6g **Sodium** 332mg **Potassium** 586mg.

Bitter Greens Salad with Persimmons, Manchego & Hazelnut Vinaigrette

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Refrigerate vinaigrette (Step 1) for up to 2 days. Bring to room temperature before serving.

Persimmons are a sweet, succulent foil to the bitter greens. They're in season at this time of year, but if you can't find them, firm ripe pears are a delicious alternative. (Photo: page 78.)

- **1 large shallot, peeled and quartered**
- **½ cup extra-virgin olive oil**
- **¼ cup cider vinegar**
- **2 teaspoons whole-grain *or* Dijon mustard**
- **1 teaspoon salt**
- **½ teaspoon ground pepper**
- **⅓ cup chopped hazelnuts, toasted**
- **12 cups torn escarole (1 head)**
- **6 cups torn radicchio (1 head)**
- **3 Fuyu persimmons, halved and thinly sliced**
- **2 ounces Manchego cheese, thinly sliced *or* shaved**

1. Pulse shallot in a food processor until finely minced. Add oil, vinegar, mustard, salt and pepper; process until emulsified. Add hazelnuts and pulse until finely chopped.

2. Combine escarole, radicchio and persimmons in a large bowl. Drizzle the dressing over the salad and toss to coat. Sprinkle with Manchego.

SERVES 10: about 2 cups each
Cal 199 **Fat** 15g (sat 3g) **Chol** 4mg **Carbs** 14g **Total sugars** 7g (added 0g) **Protein** 3g **Fiber** 4g **Sodium** 301mg **Potassium** 382mg.

Apple-Cranberry Stuffing

ACTIVE: 40 min **TOTAL:** 1 hr 40 min

TO MAKE AHEAD: Refrigerate stuffing (Steps 1-3) for up to 1 day. Let stand at room temperature while the oven preheats before baking.

Make this stuffing with an apple variety that holds its shape rather than turns to sauce during the cooking process, so there will be tender bites of fruit throughout. Honeycrisp, Granny Smith or Pink Lady are all easy-to-find options.

- **20 ounces cubed crusty whole-wheat bread**
- **2 tablespoons extra-virgin olive oil**
- **1½ cups diced celery**
- **1½ cups diced shallots**
- **2 cups diced apple**
- **2 cloves garlic, minced**
- **1 tablespoon chopped fresh rosemary**
- **1 tablespoon chopped fresh sage**
- **4 tablespoons unsalted butter**
- **2 cups low-sodium no-chicken *or* chicken broth**
- **1 cup dried cranberries**
- **½ cup chopped walnuts**
- **1 teaspoon salt**
- **½ teaspoon ground pepper**

1. Preheat oven to 275°F. Spread bread on a large baking sheet. Bake until dry to the touch, about 30 minutes. Transfer to a large bowl.

2. Increase oven temperature to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

3. Heat oil in a large skillet over medium-high heat. Add celery and shallots; cook, stirring often, until just starting to brown, 3 to 5 minutes. Reduce heat to medium and cook, stirring often, until tender, 3 to 5 minutes more. Add apple and garlic; cook, stirring, for 30 seconds. Add rosemary and sage; cook, stirring, for 30 seconds. Scrape the mixture on top of the bread. Melt butter in the pan, scraping up any browned bits, then scrape onto the bread. Add broth, cranberries, walnuts, salt and pepper to the bread mixture and stir to combine. Transfer to the prepared baking dish and press with the back of a large spoon into an even layer. Coat one side of a piece of foil with cooking spray and cover the stuffing, sprayed-side down.

4. Bake the stuffing for 30 minutes. Uncover and continue baking until the top is golden brown, 20 to 30 minutes more.

SERVES 16: ¾ cup each

Cal 198 **Fat** 8g (sat 3g) **Chol** 8mg **Carbs** 27g **Total sugars** 11g (added 0g) **Protein** 5g **Fiber** 3g **Sodium** 318mg **Potassium** 194mg.

Honeynut Squash Casserole with Sage Marshmallow Topping

ACTIVE: 1 hr **TOTAL:** 2 hrs
TO MAKE AHEAD: Prepare through Step 3 and refrigerate for up to 2 days. Let stand at room temperature while the oven preheats. Refrigerate topping (Step 5) for up to 1 day.
Once only available to chefs, honeynut squash (think: super-sweet butternuts) are now sold at farmers' markets and some grocery stores in the fall. (Photo: page 79.)

- **5 pounds honeynut *or* butternut squash, peeled and cut into 1-inch chunks**
- **2 large eggs plus 4 egg whites, divided**
- **1 12-ounce can low-fat evaporated milk**
- **3 tablespoons packed light brown sugar**
- **2 tablespoons melted butter**
- **½ teaspoon ground cinnamon**
- **2½ teaspoons vanilla extract, divided**
- **1⅛ teaspoons salt, divided**
- **1 cup granulated sugar**
- **¼ cup light corn syrup**
- **2 tablespoons finely chopped fresh sage**
- **½ teaspoon cream of tartar**

1. Place squash in a large pot and add water to cover. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook until tender, 15 to 20 minutes. Drain well and return to the pot; mash. Let cool for 15 minutes.
2. Preheat oven to 350°F. Coat a 9-by-13-inch broiler-safe baking dish with cooking spray.
3. Whisk whole eggs, evaporated milk, brown sugar, butter, cinnamon, 2 teaspoons vanilla and 1 teaspoon salt in a large bowl. Stir in the squash. Spread in the prepared baking dish.
4. Bake the casserole until the edges are starting to brown, about 45 minutes. Remove from oven. Turn the broiler to high.
5. Meanwhile, bring 1 inch of water to a bare simmer in a medium saucepan. Whisk egg whites, granulated sugar, corn syrup, sage, cream of tartar and the remaining ½ teaspoon vanilla and ⅛ teaspoon salt in the bowl of a stand mixer. Set the bowl over the barely simmering water and whisk until the sugar has dissolved, 2 to 3 minutes. Move the bowl to the mixer and beat with the whisk attachment at high speed until the mixture has doubled in size and is white and fluffy, about 3 minutes.
6. Spread or pipe the meringue over the casserole. Broil until lightly browned, watching carefully to prevent burning, 30 to 90 seconds.
SERVES 16: ¾ cup each
Cal 177 **Fat** 3g (sat 1g) **Chol** 27mg **Carbs** 36g **Total sugars** 23g (added 19g) **Protein** 4g **Fiber** 2g **Sodium** 216mg **Potassium** 508mg.

STYLING CHARLOTTE AJTRY

Bacon-Rosemary Corn Pudding

ACTIVE: 15 min **TOTAL:** 1 hr 10 min
TO MAKE AHEAD: Refrigerate for up to 2 days. Reheat at 350°F for 15 to 20 minutes.
Corn pudding is a Southern favorite, often made with canned creamed corn. We prefer the texture of frozen corn, which we paired with crème fraîche for its creaminess and tang. (Cover recipe.)

- **4 ounces bacon**
- **5 large eggs, divided**
- **¼ cup cornstarch**
- **1 teaspoon baking powder**
- **1 cup reduced-fat milk**
- **1 cup crème fraîche *or* sour cream**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **4 cups frozen corn, thawed**
- **1 tablespoon finely chopped fresh rosemary *or* 1 teaspoon dried**

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.
2. Cook bacon in a large skillet over medium heat until crisp, about 7 minutes. Drain on a paper-towel-lined plate.
3. Whisk 1 egg, cornstarch and baking powder in a large bowl until smooth. Add the remaining eggs and whisk until combined. Whisk in milk, crème fraîche (or sour cream), salt and pepper. Fold in corn and rosemary. Pour the mixture into the prepared pan. Crumble the bacon over the top.
4. Bake the pudding until it is puffed and golden around the edges and still slightly jiggly in the center, 40 to 55 minutes. Let cool for 15 minutes before serving.
SERVES 12: ½ cup each
Cal 219 **Fat** 14g (sat 7g) **Chol** 106mg **Carbs** 15g **Total sugars** 3g (added 0g) **Protein** 9g **Fiber** 1g **Sodium** 353mg **Potassium** 239mg.

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THE BIRD SIMPLIFIED

WE'VE MADE A LOT OF TURKEYS in our Test Kitchen over the years, but this method has always been a favorite. Why? It's dead simple and endlessly adaptable, so you can make it your own—and make it different every time. Turn the page to see some of our favorite ways to season it, plus a gravy to match and our foolproof carving guide.

Food Photography by **JOHNNY AUTRY**
Illustrations by **JOEL KIMMEL**

Herb-Roasted Turkey

ACTIVE: 30 min **TOTAL:** 3½ hrs
EQUIPMENT: Kitchen string
Some cooks might rub their bird down with butter, but we opt to flavor the turkey with lots of fresh herbs instead, reining in the saturated fat while still yielding tasty meat. (Photo: page 85.)

- **1 10- to 12-pound turkey**
- **¼ cup minced fresh herbs plus 20 whole sprigs, such as parsley, thyme, sage, rosemary, oregano *and/or* marjoram, divided**
- **2 tablespoons canola oil**
- **2 teaspoons salt**
- **1 teaspoon ground pepper**
- **1½ cups aromatics, such as onion, apple, lemon *and/or* orange (2-inch pieces)**
- **3 cups water, plus more as needed**

1. Position rack in lower third of oven; preheat to 475°F.
2. Remove giblets and neck from turkey cavities and reserve for making gravy. Place the turkey, breast-side up, on a rack in a large roasting pan; pat dry with paper towels. Mix minced herbs, oil, salt and pepper in a small bowl. Rub the herb mixture all over the turkey, under the skin and onto the breast meat. Place aromatics and 10 of the herb sprigs in the cavity. Tuck the wing tips under the turkey. Tie the legs together with kitchen string. Add 3 cups water and the remaining 10 herb sprigs to the pan.
3. Roast the turkey until the skin is golden brown, 45 minutes. Remove from the oven. Cover the breast with a double layer of foil, cutting as necessary to conform to the breast.
4. Reduce oven temperature to 350° and continue roasting until an instant-read thermometer inserted into the thickest part of a thigh without touching bone registers 165°, 1¼ to 1¾ hours more. If the pan dries out, tilt the turkey to let juices run out of the cavity into the pan and add 1 cup water.
5. Transfer the turkey to a serving platter and cover with foil. Let the turkey rest for 20 minutes. Remove string and carve.
SERVES 12: 3 oz. each, plus plenty of leftovers
Cal 172 **Fat** 7g (sat 2g) **Chol** 88mg **Carbs** 0g **Total sugars** 0g (added 0g) **Protein** 25g **Fiber** 0g **Sodium** 320mg **Potassium** 210mg.

Herbed Pan Gravy

ACTIVE: 20 min **TOTAL:** 1 hr 20 min
TO MAKE AHEAD: Refrigerate stock (Step 1) for up to 4 hours.
The giblets and neck from a turkey make a savory stock that turns into a richly flavored gravy, but you can skip Step 1 and use 5 cups of chicken broth if you prefer.

- **Giblets and neck from turkey**
- **6 cups water**
- **2-3 cups reduced-sodium chicken broth, divided**
- **¼ cup all-purpose flour**
- **¾ cup deglazing liquid, such as white wine, vermouth *or* brandy**
- **1 tablespoon minced fresh herbs, such as parsley, thyme, sage, rosemary, oregano *and/or* marjoram**
- **½ teaspoon salt**
- **¼ teaspoon ground pepper**

1. To prepare giblet stock: Place giblets (except liver), neck and water in a large saucepan. (Reserve the liver for another use or discard.) Bring to a boil over high heat. Reduce heat and simmer, skimming and discarding any foam, for 1 hour. Strain through a fine-mesh sieve.
2. To prepare gravy: After removing the turkey from the roasting pan, pour any pan juices and fat into a large glass measuring cup and set aside for 10 minutes so the fat rises to the top. Skim the fat off with a spoon and discard. *(Alternatively, pour the pan juices and fat into a fat separator, then pour the defatted juices into a large measuring cup.)* Add any accumulated juices from the resting turkey to the defatted pan juices; add the giblet stock plus enough chicken broth so the combined liquids measure 5 cups total.
3. Whisk ½ cup chicken broth and flour in a small bowl until smooth.
4. Set the roasting pan over two burners on medium-high heat. Add deglazing liquid; bring to a boil and cook, scraping up any browned bits, until the liquid is reduced, about 3 minutes. Add the 5 cups of liquid from Step 2. Increase the heat to high and return to a boil, whisking often and scraping up any remaining browned bits. Boil until reduced by about half, 8 to 12 minutes.
5. Whisk the broth-and-flour mixture into the roasting pan. Boil, whisking constantly, for 2 to 3 minutes. Remove from heat and pour the gravy through a fine-mesh sieve into a large measuring cup. Stir in herbs, salt and pepper.
MAKES: about 3 cups (3 Tbsp. each)
Cal 32 **Fat** 2g (sat 0g) **Chol** 2mg **Carbs** 2g **Total sugars** 0g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 145mg **Potassium** 38mg.

STYLING: CHARLOTTE AUTRY

MIX-&-MATCH

These recipes are written with lots of options, so you can season the turkey and gravy however you please. Here are a few ideas to get you started.

Scan this smart code with your phone's camera for tips on how to scale recipes for any size gathering plus turkey recipes for smaller groups.

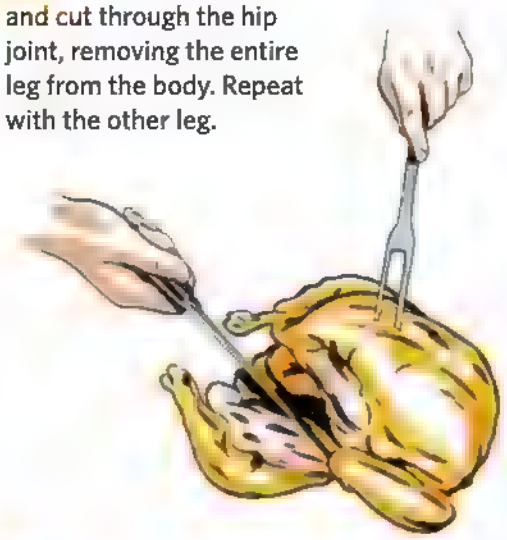
ORANGE • THYME • VERMOUTH

MAKING THE CUT

Here's the easiest way to break down your holiday bird. You'll need a carving fork and a large sharp carving or chef's knife. If you have a cutting board with a reservoir, use it to contain the juices so you can stir all that goodness into the gravy.

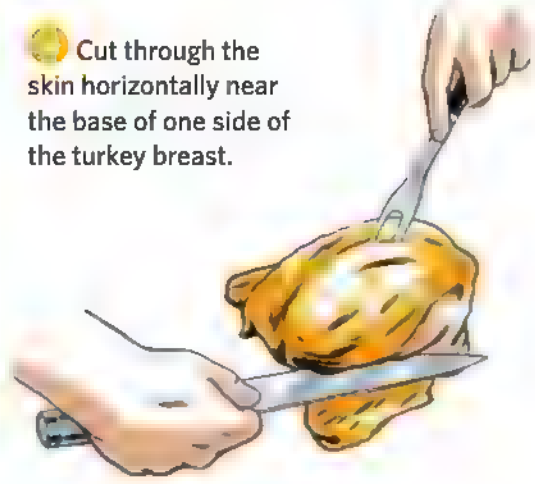
1. Holding the turkey steady with a fork, cut through the skin between the leg and body.

2. Pull the leg outward and cut through the hip joint, removing the entire leg from the body. Repeat with the other leg.



3. Cut through the joint between the drumstick and thigh. Repeat with the other leg. Cut the meat away from the bone of the thigh and slice the thigh meat. Hold the drumstick and slice the meat off parallel to the bone.

4. Cut through the skin horizontally near the base of one side of the turkey breast.



5. Hold the turkey near the breastbone with the fork. Slice down one side of the breastbone until your knife meets resistance near the base of the breast. Remove the lobe of breast meat. Repeat on the other side. Slice the breast meat.

6. Pull each wing outward and cut through the joint, removing the wings from the body.

THANKSGIVING,

MEET CHILE

Just as they do every other day, **NEW MEXICO'S FAMED CHILE PEPPERS** play a central role in the holiday menu at Albuquerque's Los Poblanos inn.

Recipes by **JONATHAN PERNO**
Food Photography by **JOHNNY AUTRY**

The whitewashed buildings of Los Poblanos Historic Inn & Organic Farm are nestled among 25 acres of organic gardens, lavender fields and farmland, an oasis in the sprawl of Albuquerque. Originally inhabited by Pueblo Indians in the 14th century, it became an experimental dairy farm in the 1930s, Today the land supports native and heirloom crops, such as Hopi purple string beans, Zuni blue corn and Navajo pumpkins. All this bounty, along with the state's ubiquitous chile peppers, informs the menu at Campo, the inn's restaurant, which is overseen by Chef Jonathan Perno.

Born and raised in New Mexico, the five-time James Beard Award semifinalist is considered one of the key interpreters of New Mexico's cuisine. At the inn, Perno serves food that reflects the hybrid culture—Mexican, Spanish, Native American—of the Rio Grande Valley. That may mean you'll find a cazuela with bolita beans and queso blanco served with blue corn tortillas for breakfast, while at dinner your rolls will come accompanied by red-chile-infused butter. Thanksgiving too is all about filtering the traditions of the holiday through this region's chile-glazed lens.

Los Poblanos offers tours of its gardens as well as a chef's tasting table. A farm shop sells the inn's produce and local foods like pistachios and dried chiles.

Spiced Candied Pecans

ACTIVE: 10 min **TOTAL:** 45 min
TO MAKE AHEAD: Store airtight at room temperature for up to 4 days.
EQUIPMENT: Parchment paper

At home or at Los Poblanos, Jonathan Perno likes to welcome guests with spiced New Mexican pecans. You won't see this in most spiced-nut recipes, but Perno blanches them to reduce some of the bitter tannins in the skin that can sometimes overwhelm the pecans' delicate flavor.
(Photo: page 92.)

- **⅓ cup granulated sugar**
- **1½ tablespoons ground cinnamon**
- **1 tablespoon ground ginger**
- **1½ teaspoons dry mustard**
- **1¼ teaspoons kosher salt**
- **½ teaspoon ground cardamom**
- **¼ teaspoon cayenne pepper**
- **¼ teaspoon ground cloves**
- **12 ounces pecan halves**

1. Preheat oven to 300°F. Line a large rimmed baking sheet with parchment paper. Bring a large saucepan of water to a boil.
2. Combine sugar, cinnamon, ginger, dry mustard, salt, cardamom, cayenne and cloves in a medium bowl.
3. Add pecans to the boiling water and cook just until the water returns to a boil. Drain, shaking off as much excess water as possible. Transfer the pecans to the bowl and toss with the spices until well coated. Spread in an even layer on the prepared pan.
4. Bake the pecans, stirring occasionally, until toasted and fragrant, 25 to 30 minutes. Let cool for 10 minutes before serving.
SERVES 16: ¼ cup each
Cal 167 **Fat** 15g (sat 1g) **Chol** 0mg **Carbs** 8g **Total sugars** 5g (added 4g) **Protein** 2g **Fiber** 3g **Sodium** 150mg **Potassium** 98mg.

New Mexican Red Chile

ACTIVE: 35 min **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate for up to 1 week or freeze for up to 6 months.

Referred to affectionately as simply "red chile" by locals, this sauce is used here to flavor the turkey and potatoes. Dried red New Mexico chiles vary in heat, so be sure to check labels at the supermarket for a level of spicy that's right for you.

- **8 ounces dried New Mexican red chiles**
- **½ medium white onion, minced**
- **1 clove garlic, minced**
- **1½ teaspoons lemon juice**

1¼ teaspoons dried oregano
¾ teaspoon salt
¼ teaspoon unsweetened cocoa powder
1 bay leaf

1. Preheat oven to 350°F.
2. Remove stems and seed from chiles. Rinse the chiles and pat dry. Place on a rimmed baking sheet. Bake the chiles until darkened in color, about 8 minutes. Transfer to a large bowl and add warm water to cover by 1 inch. Place a plate on top to keep the chiles submerged. Let soak for 20 minutes.
3. Using tongs, transfer half the chiles and ½ cup of the soaking liquid to a blender. Process until smooth. Transfer the puree to a large pot. Process the remaining chiles with another ½ cup soaking liquid; transfer to the pot. Combine onion, garlic, lemon juice, oregano, salt, cocoa and another ½ cup soaking liquid in the blender; process until smooth. Add to the chile puree, along with bay leaf.
4. Bring the puree to a boil over medium-high heat. Adjust heat to maintain a lively simmer; cook, stirring occasionally, until it forms a thick sauce, 25 to 30 minutes. Discard the bay leaf.
MAKES: 2¼ cups (analysis for 1 Tbsp.)
Cal 23 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 4g **Total sugars** 0g (added 0g) **Protein** 1g **Fiber** 0g **Sodium** 51mg **Potassium** 4mg.

Red Chile Mashed Potatoes

ACTIVE: 20 min **TOTAL:** 35 min
The deep orange color of this mash may make your brain think you're about to tuck into some whipped squash, but one taste tells you otherwise. The homemade New Mexican red chile sauce is a good match for the russets, letting just enough of their earthy flavor shine through. (Photo: page 92.)

3 pounds russet potatoes, peeled and cut into 2-inch pieces
1 cup heavy cream
4 tablespoons (½ stick) unsalted butter, diced
¼ cup New Mexican Red Chile *(left)*
1¾ teaspoons salt
½ teaspoon ground pepper
Chopped fresh parsley for garnish

1. Place potatoes in a large pot and add water to cover by 1 inch. Cover and bring to a boil over high heat. Reduce heat to maintain a simmer and cook, covered, until the potatoes are very tender, 13 to 15 minutes.
2. Meanwhile, combine cream, butter and chile sauce in a small saucepan. Bring to a simmer over medium heat, then remove from heat.
3. Drain the potatoes and return to the pan. Mash with a potato masher or pass them through a potato ricer. Add the cream mixture, salt and pepper. Stir to combine. *(See Tip.)* Serve topped with parsley, if desired.
SERVES 12: about ½ cup each
Cal 200 **Fat** 11g (sat 7g) **Chol** 33mg **Carbs** 22g **Total sugars** 1g (added 0g) **Protein** 3g **Fiber** 2g **Sodium** 368mg **Potassium** 496mg.

TIP: To keep the potatoes warm until serving time, cover with wax paper and place over a pan of barely simmering water for up to 1 hour.

Red Chile-Citrus Glazed Roast Turkey & Pan Gravy

ACTIVE: 1¼ hrs **TOTAL:** 12 hrs (including marinating overnight)
EQUIPMENT: Heavy-duty kitchen or poultry shears, fat separator
The New Mexico state question is "Red or Green?"—that is, which color chile do you like? Perno tempers the red chile sauce with orange juice to glaze the bird. He calls for a spatchcocked or butterflied turkey, which cooks more quickly and evenly. Ask your butcher to do it for you to save time. (Photo: page 92.)

1 cup fresh flat-leaf parsley leaves and tender stems
½ cup fresh thyme leaves
8 cloves garlic, peeled
2½ teaspoons kosher salt, divided
1½ teaspoons ground pepper
1½ teaspoons fennel seeds, toasted
½ teaspoon crushed red pepper
1 10- to 12-pound turkey
1 cup orange juice
½ cup New Mexican Red Chile *(left)*
1 medium onion, peeled and quartered
1 medium carrot, chopped
1 stalk celery, chopped
4 bay leaves
5 cups water
¼ cup all-purpose flour

1. Combine parsley, thyme, garlic, 2 teaspoons salt, pepper, fennel seeds and crushed red pepper in a food processor. Pulse until almost smooth.
2. Trim any excess fat from turkey. Put the neck, heart and giblets in a medium bowl. (Discard the liver or save for another use.) Using heavy-duty kitchen or poultry shears, cut the turkey down one side of the backbone, through the ribs. Make an identical cut on the opposite side to remove the backbone; add the backbone to the bowl with the giblets. Place the turkey, breast-side up, on a cutting board and flatten with the heel of your hand (you'll have to press hard!). Splay the thighs outward and tuck the wings under. Place the turkey on a large rimmed baking sheet and pat dry with paper towels. Loosen the skin over the breast and thighs; rub the herb mixture under the skin. Cover the turkey and the bowl of giblets with plastic wrap and refrigerate overnight.
3. Preheat oven to 350°F. Transfer the turkey to a roasting pan and let stand at room temperature while the oven heats.
4. Roast the turkey for 20 minutes. Reduce oven temperature to 325°. Pour orange juice around the turkey and continue to roast, basting occasionally with pan juices, until an instant-read thermometer inserted in the thickest part of the breast registers 155°F, 1½ to 2 hours. Brush chile sauce over the turkey and roast until the thermometer registers 165°F (without touching bone), about 30 minutes more.
5. Meanwhile, place the reserved giblets and backbone in a large pot and add onion, carrot, celery and bay leaves; pour in water. Bring to a boil, then reduce heat to maintain a simmer. Cook, skimming off any foam, for 1 hour. Strain the stock through a fine-mesh sieve into a medium bowl; discard solids. Measure out 2 cups for making gravy and reserve the remaining stock for another use.
6. Transfer the turkey to a clean cutting board. Let rest for 20 minutes.
7. Carefully pour the pan drippings into a fat separator. Pour the fat back into the roasting pan (leaving the defatted drippings behind). Place the pan over two burners and heat over medium heat. Sprinkle in flour and whisk until thick, about 10 seconds. Whisking constantly, slowly add the defatted drippings to the pan. Gradually whisk in as much of the reserved 2 cups stock as needed to reach your ideal gravy consistency. Season the gravy with the remaining ½ teaspoon salt. Carve the turkey and serve with the gravy.
SERVES 8: 3 oz. turkey & 2 Tbsp. gravy, plus leftovers
Cal 164 **Fat** 4g (sat 1g) **Chol** 88mg **Carbs** 5g **Total sugars** 1g (added 0g) **Protein** 26g **Fiber** 0g **Sodium** 361mg **Potassium** 277mg.

FOOD STYLING: CHARLOTTE AJTRY; OPPOSITE: JESSICA MENDA

RED CHILE
MASHED
POTATOES
P.

RED CHILE-CITRUS GLAZED
ROAST TURKEY & PAN GRAVY,
P.91

CRANBERRY
RELISH

SPICED
CANDIED
PECANS,
P.

Green Beans with Pistachios & Orange

ACTIVE: 15 min **TOTAL:** 45 min

Pistachios are a relatively recent addition to commercial agriculture in New Mexico, where abundant sunshine makes them easy to grow. Here, Perno showcases them in an otherwise straightforward green bean dish. The nuts and roasted beans create a toasty flavor that blends beautifully with the chile-infused turkey and potatoes.

- **2 pounds green beans, trimmed**
- **¼ cup melted butter *or* bacon fat**
- **1 teaspoon salt**
- **½ teaspoon ground pepper**
- **½ cup unsalted shelled pistachios, toasted and chopped**
- **2 teaspoons orange zest**

1. Preheat oven to 375°F.

2. Toss green beans with butter (or bacon fat), salt and pepper on a large rimmed baking sheet. Spread in a single layer. Roast, stirring once halfway, until tender and lightly browned, 30 to 35 minutes. Sprinkle with pistachios and orange zest and toss to combine. Serve hot.

SERVES 8: ¾ cup each
Cal 131 **Fat** 10g (sat 4g) **Chol** 15mg **Carbs** 10g **Total sugars** 4g (added 0g) **Protein** 4g **Fiber** 4g **Sodium** 299mg **Potassium** 321mg.

Cranberry Relish

ACTIVE: 5 min **TOTAL:** 8 hrs 5 min

TO MAKE AHEAD: Refrigerate for up to 1 week.

To match the complex chile flavors in this menu, Perno has included a favorite raw sauce of bracing cranberries tamed a bit with apple and sugar. The orange goes in unpeeled so it adds both juicy sweetness and the essential oils from the skin

- **3 cups cranberries (10 ounces)**
- **1 medium tart apple, such as Granny Smith, cored and quartered**
- **½ large navel orange unpeeled, scrubbed, quartered and seeded**
- **⅓ cup granulated sugar**
- **½ teaspoon ground cinnamon**
- **Pinch of salt**

Pulse cranberries, apple and orange in a food processor until coarsely chopped. Transfer to a bowl and stir in sugar, cinnamon and salt. Cover and refrigerate for least 8 hours or up to 1 week.

SERVES 12: ¼ cup each
Cal 44 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 12g **Total sugars** 9g (added 6g) **Protein** 0g **Fiber** 1g **Sodium** 13mg **Potassium** 46mg.

SWEETS FROM VIRGINIA

[redacted] grew up in Georgia and when Thanksgiving rolls around, she taps into her Southern roots for inspiration come dessert time. Think: sweet potato, chocolate chess and pecan pies, pumpkin roll cake and buttermilk poundcake. But since she also has some serious cooking cred—Willis has penned several cookbooks, worked in Michelin-starred restaurants and run the kitchens behind the scenes of Martha Stewart's and Bobby Flay's TV shows—she couldn't help but give these recipes her own spin. FOOD PHOTOGRAPHY BY **JOHNNY AUTRY**

BUTTERMILK POUNDCAKE WITH ORANGE CURD, P.98

CHOCOLATE CHESS PIE, P.96

Chocolate Chess Pie

ACTIVE: 35 min
TOTAL: 3½ hrs (including 2 hrs cooling time)
TO MAKE AHEAD: Refrigerate for up to 1 day.
EQUIPMENT: Parchment paper, pie weights (or dried beans or uncooked rice)

Chess pie is simple yet extraordinary. Eggs, butter, sugar and in this instance, cornmeal as a starch, transform in the oven into a bubbly and crisp top with a custardy filling below. Here, chocolate chips and cocoa give it a deeper flavor than vanilla, and buttermilk balances the creamy custard with a little tang. (Photo: page 95.)

- **1 disk Yogurt Pie Crust *(right)***
- **8 tablespoons (1 stick) unsalted butter**
- **¼ cup bittersweet chocolate chips**
- **4 large eggs, at room temperature**
- **1½ cups granulated sugar**
- **¼ cup unsweetened cocoa powder**
- **2 tablespoons yellow cornmeal**
- **¼ teaspoon salt**
- **½ cup buttermilk, at room temperature**
- **1 teaspoon vanilla extract**

1. Preheat oven to 425°F.
2. Roll pie crust into a 13-inch circle, about ⅛ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough. Crumple a piece of parchment paper, then lay it out flat over the pastry. Fill with pie weights, dried beans or uncooked rice.
3. Bake the crust for 20 minutes. Remove from the oven and take out the paper and weights. Reduce oven temperature to 325°.
4. Meanwhile, combine butter and chocolate chips in a small microwave-safe bowl. Microwave on High until the chocolate is melted, about 1 minute. Let cool.
5. Whisk eggs in a medium bowl until smooth. Add sugar, cocoa, cornmeal and salt; whisk well to combine. Add the cooled chocolate mixture, buttermilk and vanilla; whisk well to combine. Pour into the warm crust.
6. Bake the pie until set and firm, about 45 minutes. (If the exposed edges of the crust start to brown too quickly, cover with strips of foil during the last 15 minutes of baking.) The pie may puff during baking, which is fine. It will settle as it cools. Transfer to a wire rack to cool completely before serving, at least 2 hours.
SERVES 12: 1 slice each
Cal 330 **Fat** 17g (sat 10g) **Chol** 99mg **Carbs** 40g **Total sugars** 26g (added 25g) **Protein** 5g **Fiber** 2g **Sodium** 120mg **Potassium** 109mg.

Brown Butter Sweet Potato Pie

ACTIVE: 40 min
TOTAL: 3½ hrs (including 1 hr cooling time)
TO MAKE AHEAD: Refrigerate for up to 3 days.
EQUIPMENT: Parchment paper or silicone baking mat, pie weights (or dried beans or uncooked rice)

Some sweet potato pies call for boiling these root vegetables, but here they're roasted to concentrate their flavor. This helps the earthiness come through, which we enhance with the nuttiness of browned butter. The overall effect is a sweet potato pie that's more complex and a little less sweet.

- **1 disk Yogurt Pie Crust *(right)***
- **2 medium sweet potatoes (about 1¼ pounds)**
- **2 tablespoons unsalted butter**
- **½ teaspoon ground cardamom**
- **½ teaspoon ground cinnamon**
- **½ teaspoon salt**
- **¼ teaspoon ground white pepper**
- **2 large eggs**
- **1 14-ounce can sweetened condensed milk**
- **2 teaspoons lemon zest**
- **1 teaspoon lemon juice**

1. Position racks in center and lower third of oven; preheat to 425°F. Line a rimmed baking sheet with parchment paper or a silicone baking mat.
2. Roll pie crust into a 13-inch circle, about ⅛ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough. Crumple a piece of parchment paper, then lay it out flat over the pastry. Fill with pie weights, dried beans or uncooked rice.
3. Place sweet potatoes on the prepared baking sheet and prick them in several places with a fork. Set the sweet potatoes on the center rack and the pie crust on the lower rack. Bake for 20 minutes. Remove the pie crust from the oven, take out the paper and weights and let cool. Reduce oven temperature to 350° and continue baking the sweet potatoes until soft and tender, about 30 minutes more.
4. Meanwhile, melt butter in a small pan over medium heat. Cook until lightly browned, about 3 minutes. Remove from heat and add cardamom, cinnamon, salt and white pepper.
5. When the sweet potatoes are cool enough to handle, peel them and mash with a potato masher in a large bowl or the bowl of a stand mixer. Beat with an electric mixer or the whisk attachment at medium speed until completely smooth, about 2 minutes. Add eggs and beat until well incorporated. Add the spiced butter and any browned bits, condensed milk, lemon zest and lemon juice and beat until incorporated. Pour the mixture into the crust.
6. Bake until the pie is puffed and a toothpick inserted into the filling comes out clean, about 45 minutes. (If the exposed edges of the crust start to brown too quickly, cover with strips of foil for the last 15 minutes of baking.) Transfer to a rack and let cool, at least 1 hour.
SERVES 12: 1 slice each
Cal 269 **Fat** 12g (sat 7g) **Chol** 63mg **Carbs** 36g **Total sugars** 20g (added 18g) **Protein** 6g **Fiber** 2g **Sodium** 188mg **Potassium** 310mg.

Yogurt Pie Crust

ACTIVE: 20 min **TOTAL:** 50 min
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months. Thaw in the refrigerator, if necessary, and let stand at room temperature for 10 minutes before rolling.

This all-purpose crust is updated with whole-wheat pastry flour and uses plain Greek yogurt to replace some of the butter. It handles beautifully, making it easy to get your crust into the pie pan.

- **1¼ cups all-purpose flour**
- **1 cup whole-wheat pastry flour**
- **¼ teaspoon salt**
- **12 tablespoons (1½ sticks) cold unsalted butter, cut into chunks**
- **½ cup reduced-fat plain Greek yogurt**
- **4 tablespoons ice water**

Combine all-purpose flour, whole-wheat flour and salt in a food processor; pulse several times to blend. Add butter and process until the mixture resembles coarse meal, 8 to 10 seconds. Add yogurt and pulse until combined. With the motor running, add ice water, 1 tablespoon at a time, until the dough holds together without being sticky or crumbly. Divide the dough into 2 equal portions, shape into disks, and wrap each in plastic wrap. Refrigerate until firm, about 30 minutes or up to 3 days. Let stand at room temperature for 10 minutes before rolling.
MAKES: 2 pie crusts (12 servings each)
Cal 107 **Fat** 6g (sat 4g) **Chol** 16mg **Carbs** 11g **Total sugars** 0g (added 0g) **Protein** 2g **Fiber** 1g **Sodium** 27mg **Potassium** 36mg.

BROWN BUTTER
SWEET POTATO PIE
WITH YOGURT
PIE CRUST

Buttermilk Poundcake

ACTIVE: 20 min
TOTAL: 2 hrs 50 min (including 1 hr cooling time)
TO MAKE AHEAD: Store in an airtight container at room temperature for up to 5 days.
EQUIPMENT: 12-cup Bundt pan

This satisfyingly moist and dense cake uses a tried-and-true technique for baking. Most cakes go right into a hot oven so all the rising happens fast and the cake firms up before any batter overflows out of the pan. With pound cake the batter is so dense that a speedy rise isn't necessary. So here we start the cake in a cold oven and then bake at a relatively low temp. Besides the convenience of no preheating, the cake rises slowly as the heat increases, resulting in a wonderful crust and tender, moist crumb. Serve drizzled with orange curd for a touch of seasonal citrus. (Photo: page 94.)

- **1½ cups granulated sugar**
- **3 tablespoons orange zest (from 2 large navel oranges), reserving juice for orange curd, if making**
- **8 tablespoons (1 stick) unsalted butter, at room temperature**
- **¼ cup canola oil**
- **3 large eggs, at room temperature**
- **1¾ cups all-purpose flour**
- **1½ cups white whole-wheat flour**
- **1 teaspoon baking powder**
- **1 teaspoon baking soda**
- **½ teaspoon salt**
- **2 cups buttermilk**

1. Generously coat a 12-cup Bundt pan with cooking spray.
2. Combine sugar and orange zest in the bowl of a stand mixer fitted with the paddle attachment. Mix for a few seconds to release the oils from the zest. Add butter and oil and beat on medium speed until light and fluffy, about 1 minute. Add eggs, one at a time, scraping down the sides of the bowl between additions. Beat until smooth.
3. Sift all-purpose flour, whole-wheat flour, baking powder, baking soda and salt into a large bowl. Add the flour mixture into the batter in 3 additions, alternating with 2 additions of buttermilk. Scrape the batter into the prepared pan (it should be no more than two-thirds full).
4. Place the cake in a cold oven for 20 minutes. Then set oven temperature at 325°F and bake until the cake is golden brown, pulls away from the sides of the pan and a cake tester inserted in the center comes out clean, about 1 hour.
5. Run a thin knife around the sides of the pan to release the cake. Transfer to a wire rack to cool in the pan for 10 minutes. Invert the cake onto the rack, remove the pan and let cool completely, about 1 hour.

SERVES 16: 1 slice each
Cal 269 **Fat** 11g (sat 4g) **Chol** 51mg **Carbs** 39g **Total sugars** 20g (added 19g) **Protein** 5g **Fiber** 2g **Sodium** 224mg **Potassium** 94mg.

Orange Curd

ACTIVE: 30 min
TOTAL: 4½ hrs (including 4 hrs chilling time)
TO MAKE AHEAD: Refrigerate for up to 1 week.

This decadent curd provides a blast of citrus that will make citrus lovers pucker with joy. This technique is slightly different than a traditional curd in that the butter is whisked into the egg-sugar mixture as it's heating rather than being creamed with the sugar first. It is a bit more fussy than just mixing it all up in the pot, but the velvety results are well worth it. Spoon it over the Buttermilk Pound Cake (left) *or over scoops of vanilla ice cream.*

- **½ cup granulated sugar**
- **2 large eggs**
- **⅓ cup orange juice**
- **Pinch of salt**
- **10 tablespoons (1¼ sticks) unsalted butter, at room temperature, diced**
- **2 teaspoons Grand Marnier *or* triple sec**

1. Bring a few inches of water to a simmer in a large saucepan.
2. Combine sugar and eggs in a large metal bowl that will fit on top of the pan without touching the water. Whisk the sugar and eggs until smooth. Add orange juice and salt; whisk until smooth. Place the bowl over the simmering water and cook, whisking occasionally, until the mixture reaches at least 180°F on an instant-read thermometer and is thick enough so it holds the streaks created by whisking, 10 to 12 minutes.
3. Remove the bowl from the heat and let cool, stirring occasionally, until the mixture is 140°F, 8 to 10 minutes.
4. Gradually whisk in butter until smooth, then whisk in Grand Marnier (or triple sec) until combined, about 30 seconds more. Press a piece of plastic wrap against the surface of the curd to create an airtight seal and refrigerate until pudding-like, at least 4 hours and up to 1 week.

MAKES: 1½ cups (1-Tbsp. serving)
Cal 40 **Fat** 3g (sat 2g) **Chol** 17mg **Carbs** 3g **Total sugars** 3g (added 3g) **Protein** 0g **Fiber** 0g **Sodium** 8mg **Potassium** 9mg.

This DOUBLE
PUMPKIN ROLL CAKE,
like its ancestor the Swiss roll, is one of the few cakes that looks even better sliced and showing its yummy cream cheese spiral.

Custard Pecan Pie

ACTIVE: 20 min
TOTAL: 2 hrs 10 min (including 1 hr cooling time)
TO MAKE AHEAD: Refrigerate for up to 2 days.

While every bit as delish as the classic pie, this one has less sugar. Cane syrup, a toasty alternative to corn syrup or molasses, sweetens the pie along with brown sugar. Because the filling for the pie is wet, we brush the crust with egg white and par-bake it to create a barrier to prevent sogginess. (Photo: page 3.)

- **1 disk Yogurt Pie Crust *(page 96)***
- **3 large eggs, divided**
- **1 tablespoon all-purpose flour**
- **4 tablespoons (½ stick) unsalted butter, melted and cooled**
- **½ cup buttermilk**
- **½ cup packed light brown sugar**
- **¼ cup cane syrup *or* dark corn syrup**

STYLING: CHARLOTTE AUTRY

corn) syrup and vanilla and whisk until well incorporated. Stir in pecans.

5. Reduce oven temperature to 350°. Add the pecan mixture to the crust. Bake the pie until the filling is set and golden brown, about 45 minutes. Transfer the pie to a rack and let cool to room temperature, about 1 hour.

SERVES 12: 1 slice each
Cal 316 **Fat** 22g (sat 7g) **Chol** 73mg **Carbs** 28g **Total sugars** 15g (added 14g) **Protein** 5g **Fiber** 3g **Sodium** 71mg **Potassium** 146mg.

Double Pumpkin Roll Cake with Pecan-Cream Cheese Filling

ACTIVE: 40 min
TOTAL: 2¾ hrs (including 2 hrs chilling time)
TO MAKE AHEAD: Wrap cake in plastic wrap and refrigerate for up to 2 days.
EQUIPMENT: Parchment paper

Many pumpkin rolls have the starring ingredient only in the cake, which is a missed opportunity to enjoy all the flavor, plus you end up with leftover canned puree sitting in your fridge. Here, the remaining pumpkin is whipped with cream cheese, pecans and crystallized ginger for a tangy filling.

CAKE

- **5 large eggs, at room temperature**
- **¾ cup granulated sugar**
- **1 15-ounce can unseasoned pumpkin puree, divided**
- **½ cup all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **1 teaspoon ground cinnamon**
- **1 teaspoon ground ginger**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **¼ teaspoon freshly grated nutmeg**
- **1 teaspoon vanilla extract**
- **2 teaspoons confectioners' sugar, divided**

FILLING

- **8 ounces reduced-fat cream cheese, at room temperature**
- **½ cup pecans, toasted and chopped**
- **¼ cup confectioners' sugar, plus more for dusting**
- **¼ cup nonfat plain yogurt**
- **1 tablespoon finely chopped crystallized ginger**
- **Pinch of salt**

1. To prepare cake: Position rack in middle of oven; preheat to 325°F. Coat an 18-by-13-inch rimmed baking sheet with cooking spray. Line with parchment paper and coat the paper with cooking spray.

2. Beat eggs and granulated sugar in the bowl of a stand mixer fitted with a whisk attachment on medium-high speed until pale yellow and thick, about 5 minutes. Add 1 cup pumpkin, reserving the rest for the filling, and mix on medium speed until incorporated, about 1 minute.

3. Whisk all-purpose flour, whole-wheat flour, cinnamon, ground ginger, baking soda, ½ teaspoon salt and nutmeg in a medium bowl. Sift the flour mixture over the pumpkin mixture and fold with a flexible spatula until combined. Pour the batter into the prepared pan and spread evenly.

4. Bake the cake until firm and the top springs back when touched lightly, about 18 minutes. Immediately run a knife around the edge of the pan to loosen the cake. Dust with 1 teaspoon confectioners' sugar. Place a clean kitchen towel on top and quickly flip the cake onto a clean work surface. Remove the pan and discard the parchment paper. Dust the cake lightly with 1 teaspoon confectioners' sugar. Starting at the one side of the cake, carefully roll up the cake in the kitchen towel. Place seam-side down on a baking sheet and refrigerate until cool, at least 1 hour. *(See step-by-step photos, page 101.)*

5. Meanwhile, to prepare filling & assemble cake: Combine the remaining pumpkin, cream cheese, pecans, confectioners' sugar, yogurt, crystallized ginger and salt in the bowl of a stand mixer fitted with a whisk attachment. Beat until combined.

6. Unroll the cooled cake on a clean work surface, keeping it on the towel. Spread the filling over the cake to within about ½ inch of the edge. Starting with one side, snugly roll the cake, wrap in the towel and chill until firm, about 1 hour.

7. Unwrap the cake and place on a serving platter. Dust lightly with more confectioners' sugar, if desired. Slice with a serrated knife into 12 pieces and serve immediately.

SERVES 12: 1 piece each
Cal 236 **Fat** 10g (sat 4g) **Chol** 82mg **Carbs** 32g **Total sugars** 19g (added 15g) **Protein** 6g **Fiber** 3g **Sodium** 276mg **Potassium** 177mg.

- **1 teaspoon vanilla extract**
- **1¾ cups pecan halves, chopped**

1. Preheat oven to 425°F.

2. Roll pie crust into a 13-inch circle, about ⅛ inch thick, on a lightly floured surface. Transfer to a 9-inch pie pan. Fold the overhanging pastry under itself along the rim of the pan. Press a fork around the edge or flute it by pinching with your finger and thumb to crimp the folded dough.

3. Separate 1 egg, placing the white in a small bowl. Place the yolk in a medium bowl. Whisk the egg white with a fork until frothy. Brush the crust with the egg white. Add any remaining white to the bowl with the yolk. Bake the crust until pale golden, about 10 minutes.

4. Meanwhile, add the remaining 2 eggs to the bowl with the yolk and white and whisk until smooth. Add flour and whisk until smooth. Add butter, buttermilk, brown sugar, cane (or

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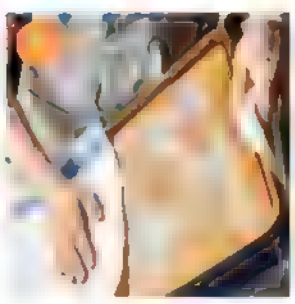
TESTED IN OUR TEST KITCHEN

HOW TO MAKE OUR PUMPKIN ROLL CAKE (PAGE 99)



1 Lay a clean kitchen towel on top of the warm cake. Quickly but gently flip the cake over onto a clean work surface, using the towel to keep the cake in place. Remove the pan. Peel off and discard the parchment paper. Dust the cake lightly with confectioners' sugar to prevent sticking. 2 Starting with one side of the cake, carefully roll it up in the kitchen towel. Transfer to a baking sheet, seam-side down, and refrigerate until cool, at least 1 hour. 3 Once it's cooled, return the cake to a clean work surface and gently unroll. Spread the filling on the cake, leaving about a ½-inch border around the edges. Using the towel to help you, snugly reroll the cake *(shown above)* and cover it with the towel or plastic wrap to keep moist. Return to the refrigerator, seam-side down, to chill until firm, about 1 hour. To serve, transfer to a platter and dust lightly with confectioners' sugar. Slice with a serrated knife.

JENNIFER CAUSEY, STYLING: MARGARET DICKEY, MISSIE CRAWFORD

Change Your Range

We tapped a chef who puts hers to serious use for the key features to look for when you shop. **By Lucy M. Clark**

Andrea Nguyen wanted firepower. She wanted enough room to roast a Peking duck standing up. And, she said to herself, a self-cleaning mode wouldn't hurt either.

When the cookbook author, food writer and cooking instructor—who refers to her California kitchen as equal parts office, lab and temple—took on a full kitchen renovation this August she spent weeks researching all the latest models and features. "I'm very hard on my stove!" Nguyen says."I cook 365 days a year with it—at least two full meals a day." So, she knows exactly what you should consider:

Firepower. Many cooks prefer gas ranges to electric, radiant heat or induction because they offer more control. If you're going for gas, choose a range that offers one to two standard burners that reach 9,000 or 9,500 BTUs (the measurement of heat given off by a gas burner). If it has a third burner with higher BTUs, Nguyen says, even better—hotter burners are handy for wok cooking and boiling pasta water quickly. A fourth, lower-BTU burner is good to have as well, for simmering.

Capacity. Examine the oven's interior and make sure it'll fit what you like to make. Think: two chickens or multiple baking pans.(Nguyen found that some ovens have a surprisingly small capacity due to beefed-up insulation.)

Self-cleaning mode. It's a definite plus, Nguyen says: "I'm not scrubbing that!"

Added bonuses. Think about what you would use most. If you're an avid baker, look for a model with convection settings, or go for an electric oven which has a reputation for even baking. An induction cooktop heats quickly for busy nights. And the latest tech features—Wi-Fi connectivity, smart controls and air-fry mode—are worth keeping in mind.

> "Get a good stove in your kitchen and it's your BFF, truly forever."
>
> —ANDREA NGUYEN
> JAMES BEARD AWARD-WINNING COOKBOOK AUTHOR

HOT NEW MODELS *All our picks are large-capacity, boast firepower and have fun bonuses.*

Bosch 800 Series Industrial-Style Ranges These stylish ranges (in 4- and 6-burner options) don't just look like they belong in a professional kitchen—with two 18,000-BTU dual-flame, high-efficiency burners, they could be. Dishwasher-safe grates are an added perk. *$3,399+, bosch-home.com*

30" GE Profile Smart Slide-In Ranges An in-oven camera combined with Wi-Fi capabilities lets you check on your rising soufflé and adjust cooking settings from anywhere in your home. Plus, a built-in sensor on the induction cooktop ensures a precise, consistent temperature for whatever food you're preparing. *$2,400+, geappliances.com*

LG InstaView Ranges with Air Fry No preheating required with this oven (it gets up to temp *that* fast) and—as you may have guessed—it has an air-fry mode. It's also outfitted with LG's InstaView technology: knock twice on the front of the oven and the interior illuminates. *$1,099+, LG.com*

Samsung Slide-In Ranges (*shown*) Available in gas, electric, induction or dual-fuel (a gas cooktop with an electric oven), this new line has intelligent controls that learn your preferences and cooking habits over time. (Typically set your oven to 425° for sheet-pan dinners? It will suggest that temp first while you're preheating.) It also has a 23,000-BTU dual-power burner. *$1,100+, samsung.com*

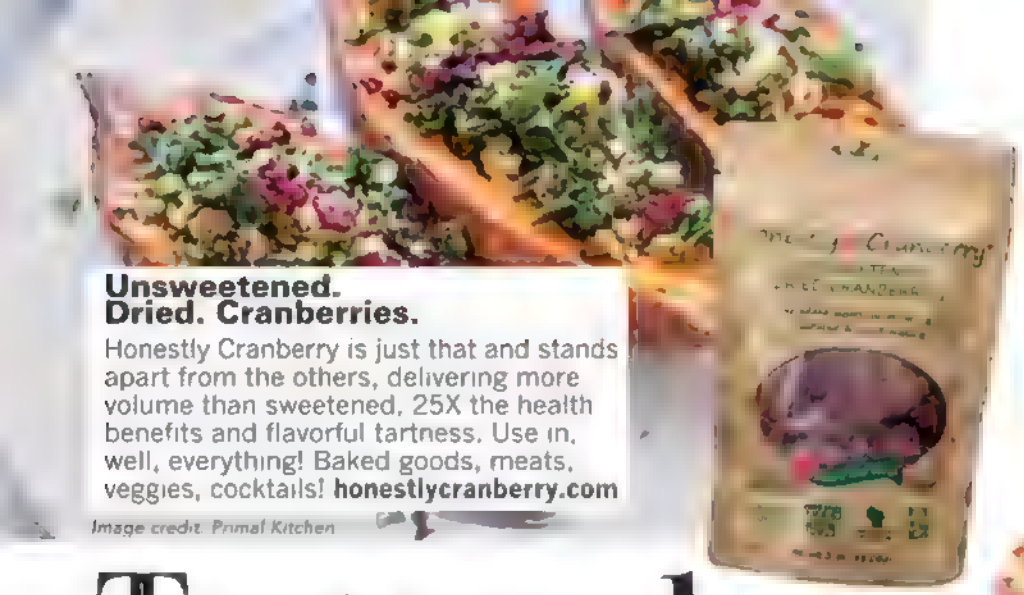


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Image credit: Primal Kitchen

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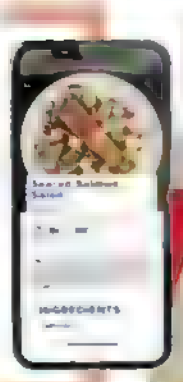

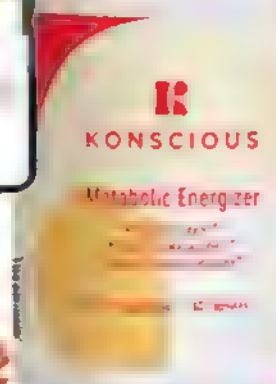

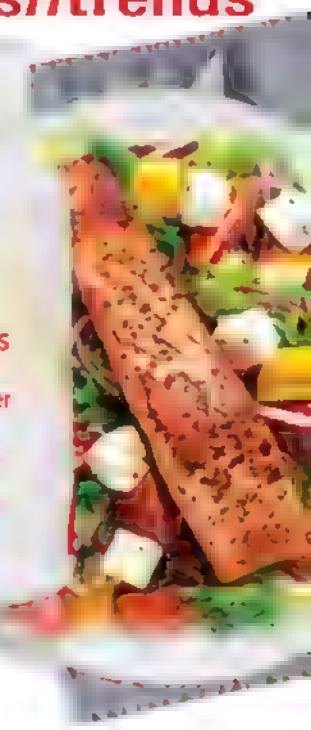

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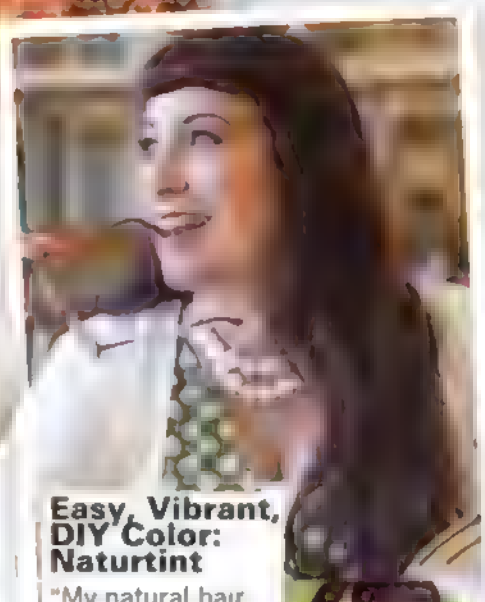

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Pass the Rolls, Please!

These buttery, slightly sweet dinner rolls originated at Boston's Parker House hotel in the 1870s—thus the name "Parker House Rolls." We tweaked a few ingredients to make them healthier but just as snatch-the-last-one delicious as the classic version. **By Adam Dolge**

Canola Oil
Parker House rolls are known for being rich and buttery. We substituted canola oil for some of the butter to cut back on saturated fat—without sacrificing tenderness. (We tried equal parts butter and oil, but found 2 parts butter to 1 part oil made for the best texture.)

Whole-Wheat Pastry Flour
We originally tested these rolls with white whole-wheat flour, but found that whole-wheat pastry flour—which is more finely milled—made them more pillowy and tender. Bonus: It has about three times the fiber compared to all-purpose white flour.

Low-Fat Milk
Adding milk instead of water lends a hint of sweetness to the rolls thanks to the natural sugars (lactose) it contains. The sugars in milk also cause a Maillard reaction—a chemical reaction between amino acids and reducing sugars—that helps make the rolls golden brown.

Instant Yeast
We like instant yeast because it works faster than active dry yeast and doesn't need to be bloomed first (which many bread recipes call for). Simply dump your packet of instant yeast in a bowl with the other ingredients and mix them all together.

Parker House Rolls

ACTIVE: 30 min **TOTAL:** 2½ hrs

- **1½ cups all-purpose flour**
- **1½ cups whole-wheat pastry flour**
- **2 tablespoons granulated sugar**
- **2½ teaspoons instant yeast**
- **1 teaspoon salt**
- **1 large egg**
- **1 cup low-fat milk**
- **6 tablespoons unsalted butter, softened, divided**
- **2 tablespoons canola oil**
- **1 teaspoon flaky salt**

1. Place all-purpose flour, whole-wheat flour, sugar, yeast and salt in the bowl of a stand mixer fitted with a dough hook. Add egg, milk, 4 tablespoons butter and oil. Mix on low until a shaggy dough forms, about 1 minute. Increase speed to medium-low and continue mixing until smooth but still a bit sticky, about 7 minutes.
2. Transfer the dough to a lightly oiled bowl, cover and set aside until nearly doubled in size, 1 to 1½ hours.
3. Preheat oven to 350°F. Coat a 9-by-13-inch pan with cooking spray. Melt the remaining 2 tablespoons butter in a small bowl in the microwave.
4. Divide the dough into 4 equal pieces. On a lightly floured surface, roll one piece of dough into a 12-by-6-inch rectangle. Drizzle and brush with ½ teaspoon of the melted butter. Fold in half lengthwise and cut into 4 pieces. Drizzle and brush again with another ½ teaspoon butter, then fold each piece in half again to create a roll about 1½ inches square. Transfer the rolls to the prepared baking dish. Repeat with the remaining dough. Brush the rolls with the remaining butter and sprinkle with flaky salt. Cover and let rest for 15 minutes.
5. Bake the rolls until golden brown, 25 to 30 minutes.

MAKES: 16 rolls (1 roll each)
Cal 156 **Fat** 7g (sat 3g) **Chol** 24mg **Carbs** 20g **Total sugars** 2g (added 2g) **Protein** 4g **Fiber** 2g **Sodium** 303mg **Potassium** 49mg.

First time making dinner rolls? See our troubleshooting guide by hovering your phone's camera over this smart code.

JENN FER CAUSEY; STYL NG MARGARET DICKEY M SS E CRAWFORD; ILLUS RATIONS BY EMMA D BEN

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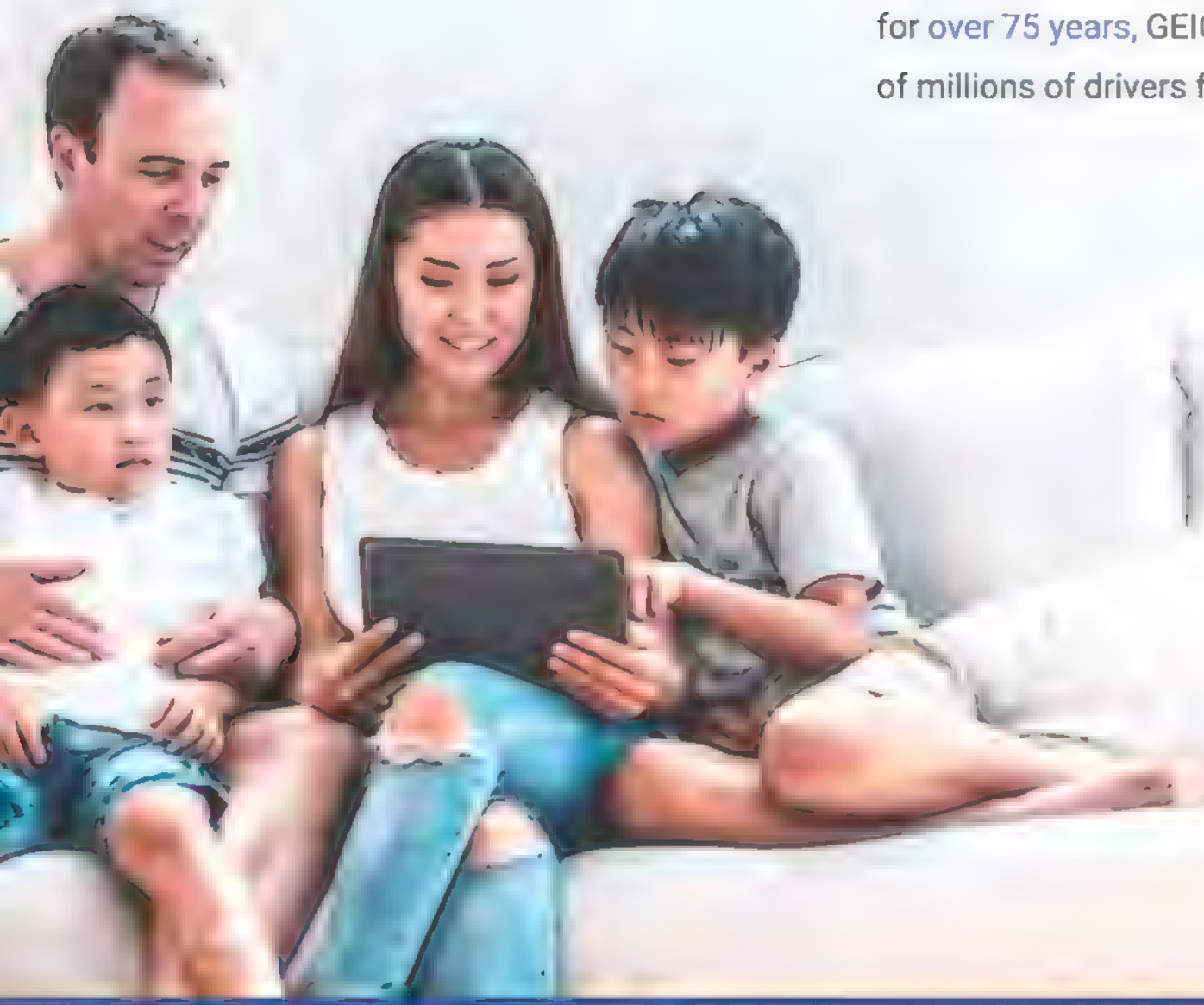

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		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Salad																				
81	Bitter Greens Salad with Persimmons, Manchego & Hazelnut Vinaigrette	199	14	0	3	4	301	382				43			■	■		■		
77	Oysters with Roasted Shiitake Mignonette	66	4	0	3	1	36	171					55		■	■		■		
90	Spiced Candied Pecans	167	8	4	2	3	150	98							■	■			■	■
Side Dishes																				
82	Apple-Cranberry Stuffing	198	27	0	5	3	318	194												■
83	Bacon-Rosemary Corn Pudding	219	15	0	9	1	353	239								■				
77	Braised Greens	74	7	0	7	5	323	303	27	37		114		46	■	■		■		
93	Green Beans with Pistachios & Orange	131	10	0	4	4	299	321							■	■		■		■
83	Honeynut Squash Casserole with Sage Marshmallow Topping	177	36	19	4	2	216	508				245		45		■		■		■
91	Red Chile Mashed Potatoes	200	22	0	3	2	368	496				41			■	■		■		■
80	Roasted Brussels Sprouts with Quince Glaze	157	21	6	3	4	248	413				23		131	■	■		■	■	■
56	Roasted Carrots & Mushrooms with Scallion Salsa Verde	227	17	0	6	5	319	696				399		28	■	■		■		■
80	Roasted Fennel & Delicata Squash with Olive & Parmesan Breadcrumbs	221	25	0	4	6	332	586				266		43				■		■
Vegetarian																				
53	Brown Butter Mushroom & Goat Cheese Toasts	313	26	0	12	3	431	428							■			■		■
45	Cauliflower & White Bean Soup with Herb Croutons	315	35	0	10	10	432	778		31				89	■			■	■	■
48	Oat-Flour Crepes with Tomato Pesto & Cheddar	280	14	0	12	3	533	423	29			43			■	■	■	■		■
Chicken & Turkey																				
34	Baked Sweet Potatoes with Burst Cranberries & Turkey	380	32	1	26	6	446	923				503		72		■	■	■		
40	Chicken & Brussels Sprout Tacos	535	31	0	32	7	772	705						98	■	■		■		
58	Chicken & Wild Rice Stew with Kale	363	27	0	31	3	592	724				82		21		■				
86	Herb-Roasted Turkey	172	0	0	25	0	320	210								■				
91	Red Chile-Citrus Glazed Roast Turkey & Pan Gravy	164	5	0	26	0	361	277				47						■		
61	Spiced Pomegranate Molasses Chicken Thighs	737	44	6	42	7	738	639		20	24	59		70	■	■				
35	Turkey, Cranberry & Brussels Sprout Pizza	462	49	5	23	3	689	122						22	■			■		
35	Turkey Egg Rolls	211	26	0	9	2	376	87							■			■		
Fish & Seafood																				
54	Pistachio-&-Halloumi-Crusted Halibut	255	6	0	30	1	286	708							■		■	■		
42	Shrimp & Tomato Grits	512	47	0	36	4	550	956	31	27		38		26	■	■				
Beef & Pork																				
77	Gyoza	281	24	2	13	1	395	198							■			■		
39	Pad Kee Mao (Drunken Noodles) with Beef	529	57	1	29	3	920	501				42	26	66	■					
46	Penne with Sausage & Eggplant Bolognese	493	50	0	25	8	717	323	27						■					
50	Roast Pork Sandwiches with Giardiniera	412	28	0	38	5	947	480	22			38			■					
Desserts & Baked Goods																				
96	Brown Butter Sweet Potato Pie	269	36	18	6	2	188	310				118								■
98	Buttermilk Poundcake	269	39	19	5	2	224	94												■
96	Chocolate Chess Pie	330	40	25	5	2	120	109												■
98	Custard Pecan Pie	316	28	14	5	3	71	146												■
99	Double Pumpkin Roll Cake with Pecan-Cream Cheese Filling	236	32	15	6	3	276	177				116								■
104	Parker House Rolls	156	20	2	4	2	303	49												■
96	Yogurt Pie Crust	107	11	0	2	1	27	36												■
Sauces & Condiments																				
93	Cranberry Relish	44	12	6	0	1	13	46								■		■	■	■
86	Herbed Pan Gravy	32	2	0	1	0	145	38										■		
90	New Mexican Red Chile	23	4	0	1	0	51	4				100				■	■	■	■	■
98	Orange Curd	40	3	3	0	0	8	9								■				■

Key to Index & Nutrition Info

■ Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
■ "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
■ "Total" time indicates the entire amount of time required for each recipe, start to finish.

How We Analyze Recipes
■ All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR.
More info: *eatingwell.com/go/guidelines*
■ Garnishes and optional ingredients are not analyzed.
■ To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell*'s suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked. Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice, potatoes) are also ½ cup.

Key to Column Labels
% Daily Value: Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day
45 Minutes or Less: A recipe's start-to-finish (total) time is 45 minutes or less
Gluten-Free: No wheat, rye or barley
Heart-Healthy: Limited saturated fat and sodium
Low-Cal: Recipes are relatively low in calories.
Vegan: No animal products
Vegetarian: Meatless (or meatless options listed first).

HOLIDAY MARKETPLACE

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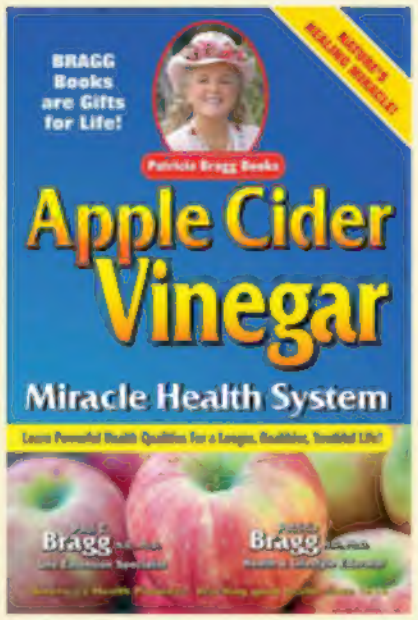

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The Original California Cuisine

Cafe Ohlone connects Bay Area residents with Indigenous fare. By Sara Ventiera

THE SITUATION Prior to 1776, the residents of California's coastal East Bay and Carmel Valley were members of the Ohlone tribe. Then the Spanish colonizers arrived and, 18 years later, they violently forced the Ohlone to relocate to Mission Dolores in San Francisco. At the mission, the Ohlone struggled to gather traditional foods to prepare tribal recipes. Today, only 800 Ohlone people remain in the East Bay. Vincent Medina (*right*), of the Muwekma Ohlone Tribe, and Louis Trevino (*left*), of the Rumsen Ohlone Tribe, thought one way to heal from this painful history was to revive the pre-contact Ohlone culture and cuisine that had been suppressed for centuries. So, in August 2017, the life partners organized a Bay Area food-focused retreat for fellow tribal members.

WHAT THEY DID Medina and Trevino can still feel the collective silence that consumed the group as they shared their first sips of acorn soup. The soup—which is made from acorns that have been cured for over six months—had been a dietary staple for their ancestors for millennia. "We wanted to make sure the first bite went to our people," says Medina. Shortly after that, the pair launched mak-'amham—a nonprofit that works to strengthen and share traditional Ohlone cuisine and culture with the general public. The name translates to "our food" in Chochenyo, the language of the East Bay Ohlone. And in fall of 2018, they opened Cafe Ohlone: a weekly prix fixe meal and cultural event at the Berkeley bookstore University Press Books.

SPARKING CONVERSATIONS Each event begins with a Chochenyo gratitude prayer, followed by a lecture about the living story of the Indigenous people of the East Bay. Menu items include smoked Feather River salmon, hazelnut-flour biscuits and yerba buena tea, with most ingredients sourced from Indigenous purveyors. Cafe Ohlone has been on pause through the COVID-19 pandemic and University Press Books will not be reopening. However, Medina and Trevino are reworking their cafe concept in virtual form—until it is safe to reopen. "Cafe Ohlone is so much more than food," says Medina. "It's history, social justice activism, protection of sacred sites, decolonization. When people eat these foods, they are connected to all these other issues."

COURTESY CAFE OHLONE AT MAK-'AMHAM

A RELATED PROJECT, the documentary film ***Gather: The Fight to Revitalize Our Native Foodways,*** **is available for virtual screenings. Go to *gather.film* for more information.**

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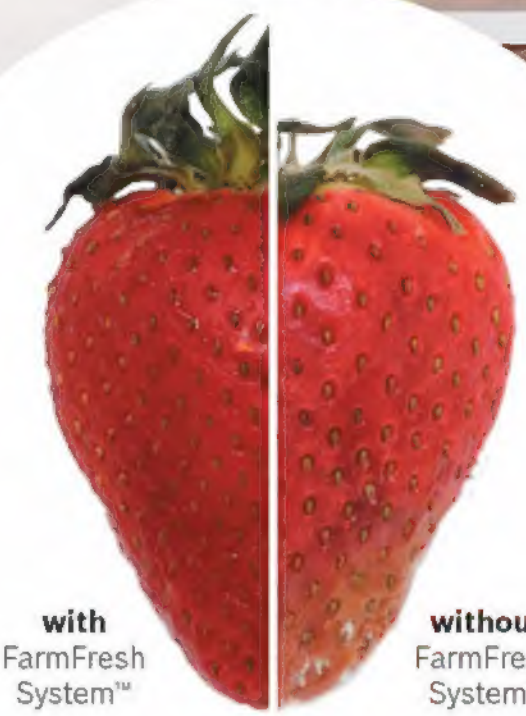

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